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NAUTILUS

Magazine of New Thought

*Edited by Elizabeth Towne
and William E. Towne*



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Does the Mind Communicate With
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NAUTILUS NEWS BY THE EDITORS

MR. LANDONE ON PRAYER.

In October *Nautilus* we shall give you one of the most remarkable and vitally helpful articles ever offered in our magazine—"GOD PRAYER IS ALWAYS ANSWERED," by Brown Landone. It is filled with Mr. Landone's personal confessions of experience with prayer. It contains two cases of remarkable results from prayer, used as directed in this article. Read it in October *Nautilus*.

"THE INITIATE."

The feature poem in this month's *Nautilus* ("The Best") journeyed all the way from Southern Nigeria, Africa, to the editorial desk. And now we have another lovely little poem to offer you next month, "The Initiate," which came three thousand miles across the sea, from the land of sunny skies—and Mussolini. The author is an Italian gentlewoman, Marchesa Florence Alli-Maccarani, whose name will be familiar to our readers. She has been a staunch friend of *Nautilus*, a subscriber, and a frequent contributor since 1912. Two years ago, when she was abroad, Elizabeth enjoyed a visit with this gifted writer at her home in Florence, that ancient city of art, literature and romance. The husband of the Marchesa holds an important office in the service of the Italian government. Now, with this information, you will enjoy more fully "The Initiate," page 12 of October *Nautilus*.

ANOTHER FEATURE POEM IN OCTOBER NAUTILUS.

Many of our readers are lovers of poetry. So we are going to give them a little additional treat next month in the shape of an extra full page poem, unique and of mildly satirical flavor, entitled "Where God Awaits." You will like the ending and you will surely enjoy the poem as a whole. Oddly enough it just happens that this manuscript also comes from across the seas, from Natal, South Africa. The author is new to *Nautilus*, Miss Marjorie Fleming.

AND THAT ISN'T ALL.

Even Marjorie's poem doesn't exhaust our foreign contributions to October *Nautilus*. That number will also contain a short prose article from the little mountain Republic of Switzerland, "Helpful Love," by Ada Saer.

It tells how to surround your friends and loved ones with the kind of love that nourishes, sustains and inspires. It tells how to free your love from anxiety, worry, fear, and how to keep instead the consciousness of peace and assurance concerning your loved ones. Additional features for October on next page.

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As a reader of *NAUTILUS* I want to send you just a word of thanks for those two fine and sturdy articles in your November issue: "The Creative Spirit in Practice," by Walter Gavigan, and "Views and Reviews," by William Towne. They are so true and NATURAL! They show such a feeling for the dignity and vigor of the Law as Christ taught it. They are such miles away from any idea of its being "simply mushy magic," as our good friends who are students of material science so often tell us when we try to lead them into this further region of Truth and orderly Law. These two articles are delightful elaborations of that warning sentence of Judge Troward's: "We must not fly in the face of the Law expecting it to do for us what it can only do through us." Accept our thanks for these two, and give us more like them.—C. C. B., Leesburg, Va.

Coming, Coming, See October Nautilus

Passivity: A Precise Method For Going Into The Silence, by our veteran contributor, Edward B. Warman, LL.D. (And here's a secret Mr. Warman won't mind if we broadcast—the new cut accompanying this announcement shows the author as he appeared recently on his 79th birthday!) Like all of this writer's contributions, "Passivity" is extremely practical and decidedly sensible. It gives a method for listening in on that higher self within, to the end that you may act aright in all the important affairs of life. Incidentally, Mr. Warman, who is a Civil War Veteran, gives a vivid bit of inside history relating to General Grant, and the way in which he practiced "Passivity" during the trying hours of the Battle of the Wilderness. If you want to know HOW to get the true intuitional "hunch" in affairs of love or business, read this article next month.



How I Help My Children To Wake Up Happy by Marion B. Shoen. This article won one of the prizes offered in March *Nautilus*. It will be a special delight to New Thought mothers with very small children who are restless and difficult.

Bringing To Life the Buried Self: How A Young Man Was Freed From A Life Long Repression. This is the most interesting True Story that has so far appeared in Dr. Golden's series, I think. The young man who was the subject of the sketch made a good appearance—but there was always something lacking that kept him from getting ahead. It proved to be a repression established in childhood, through the cruel thoughtlessness of a step-father. It was an exciting game for Dr. Golden to dig out the real cause by

psycho-analysis, but the truth finally came with a rush and a little later the young man reported: "It seems as though I am living in a new world. You have uncovered the buried self within me and HE has in very truth made all things new." Incidentally, he almost immediately secured a long sought position, the plain and direct result of this freeing of his tied-up mental forces.

What Is This Power of Mind? being 5th of the "Power of Mind" series by Pierson W. Banning. A husband was accused of embezzlement. He was innocent, but the facts were against him. A missing paper was necessary to prove his innocence. The first day of the trial came, with the paper still missing. His wife prayed. The mysterious, seemingly miraculous manner in which her prayer was answered, the missing evidence found, where no human intelligence could seemingly have found it, and the husband cleared within 30 minutes after the evidence was presented, makes up the background of this most impressive installment of the series.

How One Square Peg Solved Her Problem by Elsa E. Brocker. Through her girlhood she dreamed of becoming a writer. She became a stenographer instead, and for ten years she lacked both happiness and health, always drifting from one position to another. A cousin told her about New Thought. She was given a copy of *Nautilus*. New hope and a new life opened before her. She became a society editor and finally a special feature writer. She found health as well, and gained over 30 lbs. in weight.

Watch For All Of The Above In October

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For obvious reasons the names signed to these letters have been changed. But the letters are all true and the real names of writers will be sent on request.



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I cannot help but say "Thank God" for everything you have done for me. As I sang in church yesterday people turned to see who was singing.—Carolyn Baker

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THE NAUTILUS

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Rev. George C. Golden
Brown Landone

} These are
Some of
The Nautilus
Contributors
For 1926-1927
Others
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ENTIRELY NEW WAY OF FREEING THE SOUL FROM FEARS WITHIN
HOW TO START YOUR STUDENTS HEALING THEMSELVES
REMARKABLE PARABLE OF WHAT SUBSTANCE IS
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THE GREAT TRUTH OF ENFOLDING POWER
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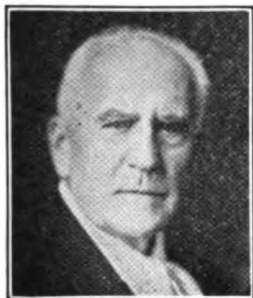
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By EDWARD B. WARMAN, Ph. D.

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Mental Telegraphy and Mind Reading

How to send mental telegrams explained. (See page 20 of the section on "TELEPATHY.")

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How to develop that vibratory power that makes men and women ATTRACTIVE.

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How to conserve and protect your store of Personal Magnetism.

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A teacher, using the simple methods of silent suggestion, explained by Mr. Warman in this volume, was able to influence and control her most unruly pupil in a very interesting way. (See page 56 of "PSYCHOLOGY.")

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"Say, dog-goned if I am not getting courage enough to tackle a real job. It is just wonderful what a change there is in me. It does not seem possible it is me."

So rejoices G. A. B.—MR. DOWN-&-OUT.

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States E. A. R.—MR. NEAR-THE-TOP.

Such are a few of many enthusiastic comments from others who have studied our lessons. They KNOW—they have PROVED that our principles WORK—that the conscientious application of scientific laws (which we show you how to use) GUARANTEES

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"Your letter of Nov. 7th was a joy and an inspiration. I have read it many times. I anxiously await your comment on my second lesson and another of your wonderful letters."—J. A. B.

"I am agreeably surprised at its simplicity, its 100% common sense, and the absolute certainty of results, if lived up to in spirit and in action. Above all, the kindly advice and personal interest of Mr. Pollock certainly are tremendously helpful and encouraging."

—H. F. R.

"I have lived daily on your lessons and letters and slept with them nights under my pillow. I am doing as told and getting great results. My health is improved beyond belief. You would never know me for the same woman."—J. A. S.

(Originals of these and scores more of letters all on file, names and addresses on request.)

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Of course I would like to see the two free lessons—absolutely without obligation.

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Say you saw it in NAUTILUS. See guarantee, page 5.



THE BEST

By J. M. Stuart-Young.

SWEETEST the songs ear has not heard,
And no tongue ever sang;
Sweeter than anthem, golden-throated bird
On life's first morning rang.

Clearest the realms eye has not seen,
And wing has ne'er explored;
Clearer than Science, with her gaze serene,
Can store, or e'er has stored.

Dearest the love no heart has guessed,
And no soul, fancy-shod;
Dearer than silence, solitude and rest,
The Love we know as——God!



NAUTILUS MAGAZINE

Self-Help Through Self-Knowledge

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EDITORIALS

by Elizabeth Towne



*"Build thee more stately mansions, oh, my soul,
As the swift seasons roll!
Leave thy low vaulted past!
Let each new temple nobler than the last,
Shut thee from heaven with a dome more vast,
'Til thou at length art free,
Leaving thine outgrown shell by life's unresting
sea."*

—Holmes' "The Chambered Nautilus."

Trouble vs. Problems.

YOU DO not like troubles. Nobody does. Then why let them occupy your thought spaces? **TROUBLE HAS NO EXISTENCE OUT OF YOUR THOUGHTS.**

Problems, yes. The world is full of problems for all of us, problems without limit. And I can't imagine a more wonderful and exhilarating thing to do in this world, than to solve a problem!

Problems are not troubles unless you think they are! See the point?

What you need to do is to change your attitude of mind toward your "troubles". There are no troubles! There are only wonderful problems, which you can solve by calling upon the unlimited supply of Divine Wisdom and Love-Power within you!

Go in to win and stick to it.

And don't pack up your troubles in your old kit-bag and carry the load! Instead, dump the entire responsibility for everything onto God. He is the only Power and the only Wisdom, and the only Responsible One in the Universe! Let go your troubles and they will disappear in God! It is God who is love within us who can solve all the problems of life.

I would also say to my correspondent who inspired the above:

You will have to change your attitude in another regard: in all that you write of your troubles it shows out clearly that you lay the blame for all of your troubles *on other people*; that you consider your troubles much stronger than **YOU ARE**. *The fact of the matter is that not a thing ever came into your life that you did not yourself attract, by your own thoughts of the heart, and your own acts.* It is the basic principle of New Thinking, and without it you cannot think or live up to New Thought, except in a spasmodic and hit-and-miss fashion.

Because your attitude is that other people are stronger than you, that they have "spoiled" you, you can't help letting your thoughts run out in resentment and unpleasant thinking, and anger towards others.

▽ ▽ ▽

The Alliance Congress in New York.

OUR Thirteenth Annual Congress of the I. N. T. A. was held in the grand ball-room of Hotel Commodore, New York, June 20 to 27, inclusive. A great Congress, unique, beautiful in setting and music, inspiring to the multitudes, illuminating to the working members. There were 254 members registered from outside Greater New York. These 254 came from seventy-one cities and thirty-four States in the United States, three cities in Canada and from six other countries, England, Australia, Holland, Finland, Italy and India, the widest representation ever shown at a Congress, I believe. The total registration at the Congress, in-

EDITORIALS *by Elizabeth Towne*

cluding New York, Long Island and New Jersey, was given as 800. Total number of persons attending at the eighteen open sessions and twelve healing meetings is estimated at not far from 10,000, hundreds of whom came to all these sessions and also to the morning sessions, 9 to 12 o'clock, and the forum sessions at 4.30 to 6 and 7 to 8 o'clock, daily. The ballroom seated over 2,000, gorgeous gold room, most beautifully decorated with American flags and cut flowers.

God breathed into man's nostrils the Breath of Lives, and he became a LIVING SOUL. So, God in All of Us breathes into our International New Thought Alliance the Breath of Lives and our Alliance becomes the LIVING SOUL of God in All of Us.

In every Congress the breathing is done again, recreating the Living Soul of All of Us.

And so, God in All of Us together breathed into our Thirteenth Annual Congress of the I. N. T. A. the Breath of All our Lives, and our Alliance becomes more of a LIVING SOUL than ever before.

The reflections, cogitations and actions of this Congress were unique, just as the LIVING SOUL of every other I. N. T. A. Congress has been unique, original, creating our Alliance and recreating our Alliance anew.

All persons and all people work together for good, for God, in each Congress. If we make mistakes, what of it? Even mistakes work together with all other things for good, for God. If a Congress votes a mistake, it learns by that mistake, and the next Congress again CREATES, recreates its LIVING BODY as expressed in its Constitution and By-Laws, its program of action.

All of Us learn by our mistakes, as well as by our lucky strikes in truth. Glory to God in All of Us, through All of Us, creating His LIVING SOUL of heaven on earth with All of Us in it.

▽

Our Alliance Is the Living Soul of All of Us.

TWO of the committees of our Thirteenth Annual Congress showed new life and new activity, in which All of Us rejoiced.

The Young People's Clubs' work at the Congress attracted great attention and interest. Every evening from 7 to 7.45 o'clock

there was held a Y. P. C. forum, presided over by the Y. P. C. President, Mr. Alwyn Gruenwald, with a splendid attendance and the greatest interest displayed. The Y. P. C. work was born at the Buffalo Congress, developed wonderfully at the Los Angeles Congress last year, and this year it showed not only unabated interest, but increased life and activity.

Another committee which showed a new life and will to burst into ACTION was the Women's Clubs Committee, under direction of the chairman, Mrs. Dorothy Sproule, 5062 Sherbrooke Street, W., Montreal, Canada. This large committee met at 12 o'clock daily, and at the close of the discussions it was decided to organize NEW WOMAN CLUBS, on new lines in harmony with the State and General Federation of Women's Clubs, so that the women of New Thought may connect up officially with the great body of federated women, to learn of them and to give to them whatever is generated in the local New Woman groups.

The Women's Clubs Committee invited Elizabeth Towne to propose a form of constitution and the program for the first year of work. This I have done since my return from the Congress, and a copy has been sent to each one of the members of the Women's Clubs Committee.

Our Committee hopes to meet again at Indianapolis next June, together with any new members who may be appointed by Mrs. Chapin to serve on this committee, where we shall have some interesting experiences to exchange! How many NEW WOMAN CLUBS will be reported in Indianapolis?

In preparing this program for the study and expression of the NEW WOMAN I made a discovery: The NEW WOMAN is new in exactly the same sense that New Thought is new: She was in the beginning, is now and ever shall be the very same woman who was CREATED BY GOD, and who is now having a resurgence into the woman consciousness of the world. You will find a good description of her in the 31st chapter of Proverbs! And the first year of study of the New Woman Clubs, as proposed in our club plan, is tried up with the original NEW WOMAN. The "old-fashioned woman" was the woman who dominated before the World War, and since

EDITORIALS *by Elizabeth Towne*

the World War the NEW WOMAN as God made her, is coming into her own! She is rediscovering and reeducating herself for co-operation with the NEW MAN, in the Kingdom of Heaven at hand. All of our committee members at the Congress felt the impulse to go out and start a NEW WOMAN CLUB! You see, we realize that we are rediscovering and reeducating ourselves, as well as all other women, and we are eager for this joint adventure.

Every man and every woman is three quarters JUST PLAIN HUMAN: so that, when the NEW WOMAN begins to understand herself, and the NEW MAN to understand himself, about three-quarters of the understanding has been done, and the other quarter will readily appear by association TOGETHER of THE NEW MAN CLUBS and THE NEW WOMAN CLUBS in joint enterprises.

For men and women to understand themselves as EQUALS BUT DIFFERENT, two halves of One Divine Whole, is the problem of this new world in which we are now living and organizing ourselves. The pre-World War men and women lived on a plane of sex-competition. The NEW WOMAN and the NEW MAN live on the plane of sex co-operation in all the good works of the world.

▽ ▽ ▽

The New Litany.

THE following Litany has its first paragraph taken almost word for word from the beautiful Litany prepared by Alice Ames Winter for the use of federated women's clubs.

Can any of our readers add further wisdom and beauty to the following New Litany proposed for the use of women's clubs, men's clubs or other group meetings? The New Woman Club Litany is as follows:

Leader: God, our Creator, our Father and our Friend, from many homes and with many minds we come together this day in Thy Wisdom, Thy Love, Thy Will.

Response: Here is Thy Spirit in Each of Us. And by inspiration of Thy All-Mighty Spirit we receive understanding.

Leader: We judge not each other: we exchange our thoughts remembering Thee as the one and only mind thinking out through

all mankind Thy infinitely diverse thoughts.

Response: We now love each other with Thy love and understand each other with Thy understanding.

Leader: We acknowledge Thee in all our ways and words.

Response: Thou alone directeth our paths, our words and the secret thoughts of our hearts.

Leader: Thy ways are ways of pleasantness.

Response: All Thy diversity of paths are peace.

Leader: Help us to lean not upon our understanding but to declare Thy justice and mercy in love to all.

Response: Help us to trust in Thee with all our hearts.

Leader: Help us to know Thy Woman (Thy Man) in newness of Life as Thou madest her (him).

Response: Male and female created Thou mankind, and Thou gavest THEM dominion over all the earth.

All Together: Show us Thy Woman and Thy Man all glorious.

Leader: Help us to manifest Thy loving dominion over self and the world Thou givest us.

Response: We thank Thee that Thy kingdom of heaven is within All of Us forever.

Leader: We thank Thee that Thy kingdom of heaven is coming on earth at our hands: at the hand of Each of Us to each other and to All of Us.

All Together: We glorify Thee and enjoy the play of Thy Creating Spirit in All of Us forever.

(Followed by one minute silence before God, at the close of which the Lord's Prayer may be spoken in unison, or the Leader may say "Amen".)

LET your light shine. Be not afraid. Know that God is your abundant supply for everything you desire. And that nothing and nobody can go out of your life but to make room for something or somebody better. Be still and know.



The Publication
**Affirms the
UNITED NATIONS
of the WORLD**



IT IS UP TO YOU

By Chester H. Struble

Caesar had the "falling sickness".

Napoleon was an epileptic.

Milton was known as the blind poet.

God's chosen mouthpiece, Moses, was a stammerer.

Keats was crippled.

Roosevelt as a youth was a physical weakling.

Francis Parkman, the historian, was blind, and wrote by means of a literary gridiron. For months his average progress did not exceed three or four lines daily.

But their names went echoing down the corridors of time.

They did not have much, so they made much of the little they had.

Obstacles to them were but stepping-stones to success, not tombstones to mark the graves of buried hopes.

They became successful, not because of their talents, but in spite of their infirmities.

They started as marked men and ended as men of mark.

Undeniably you can, but will you get ahead as Helen Keller did? At least you are not blind and deaf as she is.

We cannot all be Caesars, any more than we can all be grocers or poets, but the same general principles underlie success in every calling.

But before you can start you must know where you are going, you must be willing to work and wait, perhaps to sacrifice at times. The above named men did all that.

(Next month, "Have You A Tiger?")

Stated Baldly, I Was A Dawdler

By Sheba Hargreaves

I Developed Success by Acting Upon the Principle of "This One Thing I Do". And for Ten Years My Life Has Been Rich and Full and Free

WHEN I finally reached mental maturity and began to understand vaguely what life is for and to see that it has a definite plan and is governed by fixed law, I set out deliberately to find the great law of my being and to work with it consciously instead of against it.

I reasoned that if law governed everywhere it was no mistake that I was set down in what seemed to me a difficult environment, with a scant income and inadequate mental and physical strength to "carry on." With heavy housework interspersed with little trifling things which absorbed all my day, I was unhappy and discontented because my task was never done and there was no seeing over the stacked up work. To make the most of my life, efficiency was necessary.

I had been for some time reading the literature of the "New Psychology," and had absorbed the ideas, but had done nothing but absorb it, because it was pleasant to take—putting the knowledge into practice was an entirely different matter. Someone has aptly said that wisdom is the ability to make a practical application of knowledge. I knew the directions for concentrating but had never applied the knowledge, but in mulling over my problem it suddenly dawned on me that here was the opportunity to make the practical application and turn knowledge into wisdom. I made a feeble beginning by concentrating and making a conscious effort to untangle my untidy affairs and to analyze the situation and discover why I was inefficient. By this time I had discovered that the difficulty was with me and not with my environment. Here was just the lesson I needed at this time, otherwise things would have been different.

I Had a Nice Home and Husband—but

Two children, a kind husband and a comfortable home, with enough for simple daily needs, could not be considered a difficult en-

vironment. There were plenty of the books and magazines I loved, a garden to dig in for outdoor diversion, and old friends all about me, girls with whom I had dressed dolls. Come to think of it, what more could one ask of environment? By using my newly acquired powers of concentration and narrowing the thing down, there was nothing for it but to admit freely that the trouble was with me and not to be charged to an adverse outside influence.

This touched a raw, sensitive spot when I really brought myself to admit it after merciless probing about in my inner consciousness. Probing hurts, but it is beneficial to stir around in the delicate sensibilities and locate the weak spots in the mental and spiritual anatomy.

Once the difficulty was located, the thing to do was to find out its exact nature and apply the remedy. I clearly needed a thorough inner overhauling and it seemed best to start with the thing that loomed the largest. The cause of inefficiency came first. Why was I inefficient? Calm introspection told me that even with my fancied frail strength I should be able to accomplish my daily tasks with a comfortable margin for enjoyment and mental improvement, and that if this wonderful state could be reached the fret and fume which was frazzling my nerves would vanish.

After severe mental analysis, I simply stood off and looked at myself with the eyes of a dispassionate outsider. I concluded it was lack of headwork due to imperfect concentration to my task in hand. I adopted for my motto, "This One Thing I Do," and threw my whole heart and soul into practicing it.

When I was a young girl I read in a woman's magazine that the way to improve oneself and acquire culture was to pin a poem up over the sink and absorb it while washing dishes. This idea in my young mind that two things could be done at once had proved my undoing. Not that I always read

poetry when dishwashing, but I had from this suggestion formed the bad habit of dawdling and dreaming, taking twice the time necessary to perform trivial tasks. Stated harshly and cruelly, here was the root of my inefficiency—I was a dawdler. How I hated the sound of the silly word! To keep my self-respect, this habit must be overcome.

I Made a Plan.

I sat down and made a plan, putting tasks in the order of their importance, and culling out a lot of unnecessary work, and then began living up to that plan as if my life depended upon it. If concentration had any practical value, here was the chance of a lifetime to prove it. To my great surprise, my plan proved that through fuzzy-mindedness I had been doubling about on myself, instead of taking the direct route which clear thinking indicated.

Once I determined just what was to be done for the day—it was difficult to keep from laying out too much until I caught my stride—I began each task as if it were the only job in the world; it was for me for the time-being. "This One Thing I Do," I said it over and over to myself until my consciousness was fairly saturated with singleness of purpose. To my surprise, I found that dishwashing could be accomplished in half the time by cutting out the "wool-gathering." There was time afterward to concentrate on the poem or do the bit of self-improvement.

When my messy, tangled trains of thought began to straighten out, a delightful sense of power came to me, and the housework I had so disliked became a pleasure—the sense of strain and stress left me and my taut nerves relaxed, giving me a delightful sense of peace and physical well-being, which comes only from a task finished well. Health improved wonderfully and the colossal task of my fretting, revolting days soon became easily within my strength and was a pleasure instead of a galling load. This singleness of purpose is the real secret of joy in work, and joy in work is the greatest joy there is in life. Finding the niche where one belongs and filling it adequately and joyfully is success.

Since, I have come to know that under the reign of law each one is in just the environ-

ment that is needed for the soul's fullest development. We build our niche, and outgrow it through development. The knotty problems all have a solution and the solving strengthens our spiritual muscles so that we may work out others still harder, which will invariably present themselves just when we need them. Our attitude toward problems makes for great joy or great misery. By searching within I have come to *know* that happiness comes to me not from my environment, nor from any outside influence, but is an inner radiance shining forth from right spiritual relationship to material things.

The Law of Environment.

Another invaluable discovery of mine is that the Divine Intelligence which so accurately guides our development, automatically removes a condition when we have outgrown it by really learning the life lesson it had to teach. Marvelous beyond human comprehension is the working of the great law. The way to work out of a hard condition is to face it squarely without flinching; it will rise and confront us again and again if we attempt to sidestep.

It would be nice if I could say that when I brought to my task all my powers of concentration that my disorderly thinking, which showed forth on the physical plane in a distorted, confused environment, immediately fell away and I emerged an efficient, energetic woman after a few days of sorting and adjusting my untidy affairs. But this would not be strictly true; it took a period of nearly a year to note a satisfying degree of development, and there were lapses and backslidings, rises and fallings, at first, just as there are in every life. But that simple, earnest beginning was over ten years ago, and as I look back the results of applying the knowledge I have gained, thus making knowledge wisdom, have worked wonders in my life, and my completely changed attitude toward difficulties has revolutionized the whole scheme of things. I have gone far in these ten years, and life for me now is rich and full and free for the unfolding of my talents. Potent is my motto, "THIS ONE THING I DO."

(In next month's Nautilus read "Why Am I Not Healed?" by W. Y. M.)

SELF-TRUST is the essence of heroism.

—Emerson.

Why Your Affirmations Don't Work

By Mabel Dill

The True Key to Success in the Use of Auto-Suggestion

MANY people tell me that they believe in the principles of psychology or of New Thought, but that "it doesn't seem to work" for them as it evidently does for others. They do not see why they do not get results from their auto-suggestions, for instance.

The reason is that they have not a comprehensive enough understanding of the science of auto-suggestion. They do not know enough about the subconscious or unconscious mind—its nature, and its manner of working. To be sure, they believe—or think they believe—that "the subconscious is infinitely responsive to suggestion," but they do not realize what this means.

For, if the subconscious is "infinitely responsive"—and it is—that is what it is—one great RESPONSE, and nothing else—then last week, last month, last year, or whenever it was they began work on themselves, it must THEN have been responding, with great zeal, to the bulk of the suggestions which had been presented during the course of the past. Had this not been true would they have begun to use auto-suggestion? No, they began to use it because *something was wrong*. The auto-suggestions were expected to right it, through "giving the subconscious a turn in the right direction, and changing its conduct."

RESISTANCE was present at the start. And it is solely because they do not understand the nature of this subconscious resistance, and what to do about it, that so many fail to get results with their affirmations, their "auto-suggestions."

The Subconscious Resistance.

If you are one of these disappointed ones, let me ask you if you ever tried to "turn" a very stubborn person "in a new direction," and "change his conduct"? If you succeeded in doing so, you did not accomplish it over night, did you? And you encountered, did you not, quite a lot of resistance in the form of OLD, SET HABITS, FIXED IDEAS, and THE EMOTIONS ASSOCIATED WITH THESE?

It is exactly so with the resistance put up within you by the subconscious. If your present auto-suggestions don't work, my friend, it is because previous auto-suggestions of an opposite nature have got a head start, that's all. If you are to melt down this resistance—and you can do so—you will have to fight fire with fire, if I may mix my figures! You will not—cannot expect to—get results with feeble, half-hearted affirmations, in which there is no real conviction. But get a flaming new BELIEF, or a tremendous DETERMINATION or DESIRE, or a FAITH which cancels the fear, and see what happens! A mere intellectual belief in the power of the subconscious to obey given directions, affirmed, along with the directions, with determined persistence, will bring results, eventually, as the constant dropping of water wears away a stone. But "day by day in every way I am getting better," affirmed against a profound fear that you cannot get better, will have just about as much effect as an endeavor to stem the flow of Niagara with a straw! Mere words will not accomplish anything, anyway. It is the idea suggested, the feeling aroused, by the words, that does the trick. The words, in fact, may produce precisely the opposite result from that desired, by reason of the law of the association of ideas.

How I Cured Myself of Insomnia.

For instance—when I tried to cure myself of a serious case of insomnia, of fifteen years' standing, by repeating about five hundred times a day, "I shall sleep fine tonight!" the effect was to produce more insomnia. The word "sleep" had strong "insomnia" associations, you see. My affirmations aroused the memory and the fear of insomnia. One day I realized that a healthy person would not be forever affirming that he would sleep. He would EXPECT to sleep, he would take it for granted. So I began to act like a healthy person. I ignored my fear. I stopped thinking about insomnia, I stopped talking about it, I dropped my affirmations, I asked my

family not to ask me how I slept. When the fear of not sleeping came into consciousness—and it frequently did—I met it as I would have met the remark of a healthy child who for some curious reason had said to me, "I'm afraid I won't sleep tonight," replying, "Nonsense! Of course you will sleep. Why shouldn't you?" smilingly and casually.

In six weeks my insomnia was gone!

One of my pupils asked me recently why she always felt nervous and as if she wanted to cry, when she affirmed, "Day by day." It was, of course, because she feared she was NOT going to get better. As she gained a fuller understanding of psychology she saw that it was her thinking that had made her sick, and that a new brand of thinking could make her well. She could then make the "Day by day" affirmation with real conviction. Her words were infused with faith-feeling. And she got well.

It is no use to affirm what one does not believe. Too strong an emotional resistance is encountered in the inner fears or beliefs. We know now that it is those ideas with which are associated EMOTION that are the most effective—either in MAINTAINING or DIS-SOLVING resistance.

Keeping Cool with a Cool Mental Picture.

I experienced a very amusing illustration of this one hot summer day when I had been trying in vain to cool myself by affirming that I was cool. Finally I stopped saying, "I am getting cooler every moment," and began to visualize. I made an imaginary picture of myself strolling by a stream in the early morn under trees dripping with wetness. There had been a heavy rain. I was in a bathing suit. I ducked wet branches, which struck me about the shoulders and on the back, on the head and arms, dashing cool drops all over me. In a few moments I was shivering!

Twice I have given this treatment to audiences, on a hot night, and it has been funny to see how effective it was.

A turning point came one day, in the life of a friend of mine, when she became utterly disgusted with her negative condition. She sat up suddenly on the side of her bed and declared many times over most vehemently:

"I will NOT be unhappy! I will NOT be sick! I will NOT be weak! *I have had enough*, I tell you!"

She Felt It "Go All Through Her".

She said that she felt it "go all through her"! Her old negative, unwholesome subconscious habits received a shattering blow. They could not resist the force of all that FEELING. She arose from that bed feeling like a different person, and has never since returned to her former weakness. Strong desires, strong determinations, self-disgust—all these are effective because they are intensely emotional. They are especially effective where subconscious bad habits have prevailed for a long time. Some of us become so "set" in our ways, subconsciously, that nothing short of throwing a monkey-wrench into the machinery will stop that senseless, automatic going around and around of the machinery. Just to get up enough "spunk," just to get "good and mad" at one's slavery, often brings fine results. Subconscious habits are easily "smashed" if one can deal them a powerful enough blow—which means, remember, a suggestion with enough FEELING-FORCE behind it.

Actions and Auto-Suggestions.

Our actions constitute powerful auto-suggestions. To affirm, "I become more joyous daily," while one goes about with a drooping, dejected air, is to accomplish nothing in the way of a joy manifestation. Actions and affirmations must harmonize. As a matter of fact, we can dispense with the affirmations if we will persist in the actions. My subconscious made a dreadful fuss when I first began to work in the evenings. Its habit was to work daytimes only and it did not intend to have these ways interfered with, it told me in no uncertain tones. Extreme nervousness followed any endeavor on my part to go against its wishes.

I ignored it, just as if it were a child in a tantrum. I let it kick and scream, and went on about my business. I acted AS IF I DID NOT FEEL NERVOUS. I acted SERENE—in spite of my feelings of agitation.

In just a few evenings my subconscious accepted the suggestions of my actions, and fell into line as placidly as could be. Ever since then I have worked in the evenings whenever I wanted to, with perfect comfort.

Our auto-suggestions will work, if we know how to do it. But if we would heal ourselves, we must know ourselves. We must know how to use our heads. There is all the help in

auto-suggestion that the most enthusiastic psychologist ever claimed. But in order to get results we must understand subconscious

resistance, and know how to get around it. We must understand this matter of EMOTION.

A Cure for Deafness

By F. H.

A Teacher, Almost Totally Deaf, Used This Simple Method and Can Now "Hear the Grass Grow"

THE exercise given below was taught me by a teacher.

This lady became almost totally deaf, was called before the Board of Education and her resignation demanded.

She heard of this exercise, learned and practiced it often, and regained her hearing so quickly that she retained her position. She is still teaching and can "hear the grass grow".

My own hearing is, and always has been, acute, but I have tested my friend's method on numbers of others with unfailling benefit, and I use it myself as a preventative. I will cite two cases:

A boy friend of nineteen was so deaf that he could not hear the quail sing, the foxes bark, or cock's crow. I taught him the exercise. He practiced it with enthusiasm, and soon could hear as well as anyone. That was ten years ago. He is still free from his old trouble, is the happy husband of a charming wife, and can hear her softest whisper of love.

A neighbor was almost stone deaf, his case having been diagnosed by a specialist as a flattening of the eustachian tubes. He grasped the idea of relief with hope and joy, practiced

the exercise with diligent care and—one hears no more of his deafness.

None of those who learned of this cure from me had even a glimmer of the New Thought, and were persons to whom silence on that subject was wisdom, but of course I used my mind to aid theirs.

I am sure if the thought was held that the hearing was spiritual and perfect, combined with the feeling that with the air inbreathed the student was imbibing the One vitalizing Life, the demonstration would be more rapid.

The Deafness Exercise.

Expel all the air from the lungs, take a deep breath, bend the head slightly forward, cover the nostrils firmly and closely with the fleshy part of the thumbs, so that no air can escape that way, throw all the air into the head, and, by an effort of will, force it through the ears, until you hear them "pop," as the air passes out. If this result is not obtained at once, repeat until it is. Practice the exercise many times a day. It can do no harm, and cannot fail to do good.

(Read "Helpful Love" in October Nautilus.)

Omnipresence

GOD is beside thee, and thou needst not falter;
 God is beneath thee, and thou canst not fall;
 God is above thee, Heaven itself His altar;
 God is WITHIN thee . . . and this Truth means ALL!
 By WRIGHT FIELD.

He Got Rid of His Lisp and of All Self-Consciousness

By Rev. George C. Golden

This Is Article 3 of "True Stories by A Metaphysician"

REGINALD DeWitt Marshall Browning DeKoven Brown made an appointment with me over the telephone. At least, his secretary informed me that the gentleman desired an interview, and from the manner of her speech I surmised that he was leaving me very little choice about my co-operation. Her whole tone seemed to imply that this interview with this member of the DeKoven Browns would be an epoch in my humble life. Like the war, all incidents and events henceforth would be registered either before or after my introduction to Reginald.

Reginald was a professional man, age about thirty-five, height nearly six feet, weight considerably over two hundred (rather pudgy. I noted), and he was dressed with the enviable patent marks of a man who only inquires the price of his purchases after he has ordered them sent to his address.

He that is well does not seek a physician and the metaphysician is certain that the individual sitting across his desk from him has "something on his mind".

Reginald had happiness and friends, attainment and success—and a lisp. It was concerning the latter that he had come to consult me.

Dignity can stand the loss of a limb and bear up under the most strenuous of slander, but it cannot endure the embarrassment of a lisp. He assured me, almost tearfully, that I had no idea of what he had endured on account of that impediment in his speech. When he arose in court to make an appeal, he was conscious of a smile breaking around both the bench and stalls when his lisp was noticed. If he met a stranger, as soon as the fatal lisp would manifest itself, the man would give him a keenly scrutinizing glance. In his clubs, stories of his lisp floated around and his name was attached to many an anecdote because the merciless humorist felt the narrative would have a new kick if attached to a lisper.

I agreed with him that while a lisp might seem to the undiscerning the slightest of incidents, yet, for the individual it could readily become not only a thorn in the flesh but a serious impediment. I even went on to say that such a thing as a lisp might be very indicative of some spiritual and mental handicap that it was my place to help eradicate.

There are certain traits that point the "run down at the heels" mentality. Notice the next person you see shuffling and you will observe that their mental action is also uncertain. The snappy person never lisps and neither does he shuffle. That was Mr. Brown's trouble. He had no snap, no "go," no self-reliance, no self-assertion, no spirit of venture and no abandonment to the game of living.

To be "snappy" means to be self-reliant. To be "lispy" is to be dependent, bound, restricted and handicapped. Mr. Brown was all these things and it did not take many "sittings" to assure me that that which bound him the most was his "family complex".

Because he had for many years been a student of metaphysics in one form or another, he was surprised when I told him that he must cease putting his reliance and pride in "family" and transfer his allegiance to his SELF.

"Why, I have an exceedingly good family," he protested. "I have in me the blood of men and women who have contributed to the civilization of my Nation.

"My relatives have written some of our national literature," he declared, "and my kin have been responsible for the development of some great tracts of land in this country. Members of my family have been moulders of the political structure of this Nation and others have made their contribution to its classical music.

"Is all this to be thrown away?" he demanded of me. "Doesn't this make up some of those arguments I want to hold in mind?"

Are not these the 'good things' St. Paul would have us use for meditation?"

"Do you really believe that your SELF accepts such bosh as truth?" I inquired. "Or, to put it more definite, do you earnestly consider that because your relatives have done these very fine and admirable deeds, that it necessarily follows that you yourself must possess the same potentialities?"

"I think it does," he truthfully replied. "I'm sure that blood counts."

"Let me reverse the case for the sake of argument," I continued. "Now, let us presume that your family was exceedingly criminal—that some of them had attained the distinction of being hanged and some of them had been notoriously jailed, that a good percentage of them had been thieves and not one of them were able to tell the truth. Do you believe that if this were the case and you came to me for treatment, that I would have to tell you that I could do nothing for you because you were inevitably committed to inherit all the short-comings and criminal traits of your family?"

"Why, no," he replied. "Your play there would be to discount these things—to prove to me that the evil is non-existent and cannot interfere with my own destiny. That would be giving life to matter!"

"You are right, Mr. Brown," I answered. "If this were the case and I were holding over you the evil destiny of your inheritance, I would be preaching the error of evil in matter. Now I want to ask you, when you are holding before yourself the inheritance* of good from your family, are you not trying to convert yourself to a belief of *good* in matter? Are you not endeavoring to still prove life in matter?"

He thought for a few minutes and then I saw a flicker of amusement and insight dawn in his eye.

"I see your point and, by gum, it's jolly well taken," he exclaimed, thumping the floor with his stick. Then he arose and started to walk around my office.

"To think that I never saw that before," he chuckled. "Why, it's a good legal point. If a judge should free a man simply because he has a good family, that same judge should send every man whose father stole to jail—no matter what the man himself did or did not do. That argument wouldn't hold in any court and yet that's what I've been trying to ram down my throat and make myself swal-

low. And to think that I never saw it before! Why, it won't hold water for a second!"

"We call this metaphysical work 'truth-healing,'" I told him as soon as I could reduce him to a state of calmness. "By truth-healing I mean healing by presenting *true* statements to the SELF—the Lord and Mentor of your life. If I told it that because your father was bad, you would have to do evil, I would be making no more ridiculous a statement than if I said that because your father was a saint you yourself would sprout wings. It's just a foolish argument that won't deceive a child."

"And yet that is the argument my practitioner gave me to build up my own sense of Divinity," he declared.

"Did it work?" I unethically inquired. "Did it relieve the trouble and so prove itself the truth that makes you free?"

He shrugged his shoulders by reason of reply.

"Lies and boot-leg make the world go round," I told him, "but it takes the truth to make it move forward. The truth for you to bear in mind just now is this: that you shall have no other gods—no reliance or trust—excepting the SELF within you."

"Do you want me to forget all about my family?" he demanded.

"It would be a most desirable thing for you to do," I answered.

"But I have an exceedingly good family," he persisted. "May I not take a proper pride in it?"

"My dear Mr. Brown," I answered. "I have an exceedingly good heart, but I did not inform you of the fact as soon as you entered my office. I have an exceedingly good stomach—it never aches or disagrees with me. My reaction to a cold bath in the morning is stimulating and my breathing organization seems most efficient. Now what would you have said if I had immediately informed you of all this when you entered my office today? Think well over your answer, because it is important."

He thought. He considered. He was sure that I had some trick up my sleeve and he just wasn't going to let me catch him napping. So finally, like a little child, he smiled sweetly and said:

"I give up, Mister. What is it?"

"Wouldn't you have immediately thought that I talked so much about a good physical organization that there must in reality be something wrong about it?"

"I believe I would," he answered.

"Well, that is just what your SELF has concluded about all your talk about your family. It has just subconsciously concluded that there must be a nigger in the wood-pile some place. Either you have a family that needs a tremendous amount of white-washing or you yourself are such a weakling that you can't stand on your own feet. You have established a subconscious conviction of your own lack of power and that conviction is manifesting itself in your lisp."

"What do you recommend me to do?" he asked.

"I recommend you to get acquainted for the first time in your life with your SELF. That is the jealous God of Genesis that will not share its power and authority with the best of families. You are strong, powerful, influential, creative and divine—not because you are one of the DeKoven Browns—but because you are the I AM. There is an inspiration in

you that gives you understanding simply because you are you."

There is not space in this short paper to record the discoveries that he made in his own life of interests to which he was forcing himself because they had been the pastimes of his folks "for generations". Nor can I here adequately state the satisfaction he found in living "on his own," in making new friends, recreations, contacts and pursuits outside of what he had considered "good form" and "good families".

But it would be unfair to the reader and to the peculiar workings of truth if I did not mention that when he began to live as a man with men, as an individual with individuals, he lost all self-consciousness and with it there disappeared the embarrassing lisp. He found that the Lord God, the SELF, in him was all-sufficient and when he depended on Him alone, living became the most simple and easy of pleasures.

(Next month's story: "Bringing to Life the Buried Self".)

How I Discovered that Conditions are Always Opportunities

Being Article 6 of New Confessions by Brown Landone

USE denials to deny the existence of every supposed limitation of *soul*!

Never use denials to deny the existence of *things* and *conditions*.

At one time in my work of helping others, I confused the two, and denied the existence of any condition which I thought prevented others from attaining what they desired. I then denied "conditions-as-they-are" and affirmed conditions as I thought "they-should-be". I mistakenly used this method of denial in all work I did in helping others to attain health, or riches, or happiness.

I confess that the *method* I then used was mistaken. It was mistaken because every condition which exists is an opportunity, not a hindrance. All "conditions-as-they-are" are opportunities. So, I no longer deny the existence of conditions as they are. I no longer think of them as hindrances. I no longer try to remove them by denials. Instead, I now teach others joyously to recognize conditions

as they are, so that they can *use* them as opportunities to gain what they want.

Denial of "things-as-they-are" is always *repressive*; and, since God is *expressive*, even the "practice of Truth" when repressive—is contrary to God's one activity and causes ill health.

One of my dearest friends of early days was a "practitioner of Truth"—one of the very first—in London. He lived in a slum region in which he had previously been a mission leader before he had studied Truth, and he had continued to live there because he felt it his duty to teach his people his new vision of Truth. He was surrounded by dirty buildings, ugliness, and immorality. He did not like to see these things; so, for years, he spent some time each day in the Silence, denying that these conditions existed. He affirmed "I do not see these dirty buildings—for me, they do not exist. I do not see ugliness—for me, it does not exist. I do not see immorality—for me, it does not exist!"

In fifteen years, he was almost stone blind!

He and I were very close friends, and to each of us, his blindness was a great sadness and a puzzle. *It seemed so unjust! Why should he—living in a consciousness of Truth—become blind?* Why should he—who, for years, had devoted himself to Truth, taught Truth, and cured others by using Truth—many of them—without money and without price—be so afflicted? We prayed for light; we declared that he was not blind; we affirmed that all God's sight was his! we meditated in the Silence to be shown the full Truth.

Then, finally illumination came!

First, although we had known that the soul is the source of all, yet we had assumed that my friend's blindness must be due to some error—some thought held by someone else. And, our first revelation was the certainty that the cause *was* within himself. It was this: *for years he himself had deliberately DENIED SEEING conditions about him. He had SHUT-OFF himself from seeing!*

Second, we recognized that God is just—that *when any soul deliberately shuts-off any capacity, that capacity shall be shut-off!*

Third, we went through a soul-struggle, a spiritual revolution within ourselves. It was very difficult to give up our old ideas! It was still more difficult to accept the truth that all things and conditions *are* good, and that we should use them as opportunities, instead of trying to deny them out of existence as hindrances.

To right ourselves we hourly affirmed: "Lord, we do not deny the existence of mud because we do not like to be stuck in it; instead, we use Thy wisdom to keep out of it, and praise Thee for mud—because, out of mud, water lilies of beauty grow!"

To heal my friend, we worked thus: "Lord, we see Thy hand in all things, we do not deny the conditions about us; instead, we see the beauty of soul attainment growing up out of these things!"

My friend affirmed: "I do see conditions as they are; I do see them as they *are*—for they give me my opportunity of shining in the darkness."

Within two years, his sight was again perfect!

The Great Truth is very clear:

First, find the cause of your ill health, and seek *only* within yourself—for the cause of all ill health *is* within the soul.

Second, never deny the existence of any

thing or condition, for every such denial is repressive.

The law is this: (1) *whatever you shut-off, shall be shut-off from you* and (2) *whatever you express, shall be expressed in you!*

Likewise in attaining abundance, there was a time in my life when I denied all conditions I did not wish to exist and affirmed the conditions which I felt should exist. When others came to me for help to secure a particular result in affairs or in business, I then followed the *repressive* method of denials. I often mistakenly thought that existing conditions were hindrances, and hence denied them.

Now, I recognize *every* condition—no matter what it is—as an opportunity of attaining what one desires. I recognize all conditions as opportunities, even though they *seem* to be hindrances of such a nature that they completely prevent one from attaining what one desires!

For instance, this spring, when a young man—who had taken a new position in North-west New Jersey—wished to rent a summer home in that region, he found these conditions; it was the beginning of summer; every lake bungalow, every village house, every farmhouse, was either permanently occupied or already rented; he was faced by real estate conditions which were the most remarkable New Jersey has experienced in a hundred years; with the new bridge across the Hudson from New York City guaranteed, everyone was buying property; values were increasing oftentimes fifty per cent a month; people were buying to hold properties for investment; a rush was on, and it seemed that every condition was a hindrance to finding an unoccupied home at a reasonable rental! In fact, it *seemed* that all the conditions *absolutely prevented* him from getting a place to rent as a home.

The young man knew something of these conditions before he began to search for a home, and *denied* that they would interfere with his plans. So, he searched for a week—motoring here and there—almost begging for a place—and was unable to rent anything. Then, he came for a consultation. Since the young man was a Truth student, he came mainly for inspiration, and for a spiritual hunch as to *where* to find a place.

In answer, I said to him: "I do not know where to look; you do not know; but Infinite Mind does know. However, you are *not* working in accord with Infinite Mind, (1)

so long as you think that existing conditions are hindrances and (2) so long as you fail to use your capacities to the fullest.

"When you (1) *use ALL of your capacities necessary*, and (2) *recognize that 'conditions-as-they-are' PROVIDE AN OPPORTUNITY of finding a place for you to rent, you WILL find the home you want!*"

After the annoyance of a whole week of house-hunting, my statement was at first a little too much for him, and he *exploded* thus:

"Well, *haven't* I made use of my capacities? *Haven't* I driven over country roads till the tires of my automobile are blistered? *Haven't* I gone to every agency in at least ten different towns? *Haven't* I inquired of farm hands, bus-drivers and country hotel porters? *Haven't* I done *everything* except drive people out of their own homes and take possession?"

"And"—he continued—"the rush to New Jersey is no opportunity at all for me! Everybody is buying and selling, re-buying and re-selling—increasing prices by leaps and bounds! How can I expect to get a place at a reasonable rent under such a condition?"

"Well," I replied, "why not make use of the condition? Since so much money from New York City is being poured into that section of New Jersey to purchase property for investment, why not make use of it? Since so many people are searching for property to buy and hold as an *investment*, why not act as an agent for one of them? You have ability to recognize a 'good buy' when you see it; you have the ability to meet people who want to buy—*why not make use of YOUR capacities?*"

"First, recognize that your mental effort in seeking the place you want has been an hourly denial of its existence!"

"Second, get into action: (1) find the place you want; (2) find a purchaser who will want to buy it as an investment and not as a home for himself; and (3) rent it from the purchaser."

He puckered his brows for a moment, and then admitted, "Well, that *is* an idea!"

And he acted upon it. Instead of seeing the existing condition as an obstacle, he began to see it as opportunity. So the next morning—with the consciousness that God is all-intelligence, guiding every step of the way—he drove over some of the same roads he had previously covered. He was led to a beautiful spot—just such a place as he would like to

rent. It was a farm house. There was no indication that the property was for sale or for rent. But, he stopped and inquired, and the owner said, "Yes, this was put on the market only yesterday. It *is* for sale."

The young man looked over the property; realized what a bargain it was, asked the farmer how much commission the farmer would give him for selling it; raced back to the nearest city; visited several buying agencies; found a man who wished to buy just such a property as an investment; took the man out to see the farm; and the purchase was consummated inside of twenty-four hours! Then from the new owner, the young man immediately rented the property for his own use for the summer.

When the young man denied that existing conditions were a hindrance, he failed to find anything he could rent! But when he recognized that all "conditions-as-they-are" are opportunities, he *not only found a place in which to live, but he also made a commission of five hundred dollars cash for acting as agent for the farmer in selling the property to its new owner!*

No condition or thing is ever a hindrance. God provides every condition for you to use as an opportunity. Whenever you lack anything—health, abundance, or happiness—the cause is not in things, but always *within yourself!*

Even my friend—who spent his years helping others in Truth—lost his sight when he shut off his own sight by *refusing within himself* to see conditions as they existed. And, my young friend, who was searching for a home was hindered at first by the *shut-off within himself*—his failure to use his capacities and his failure to recognize the existing condition as an opportunity to get what he wanted.

Shall you ever use denials? Certainly, use them to deny every limitation of yourself. Use them—to deny limitations of the *soul*; but never deny the existence of *things* and *conditions!*

Your attempt to deny things is *repressive*—for you try to press God's manifestations out of your consciousness; the effort always fails. But, when you deny limitations of the *soul*, you free the soul for greater *expression*; and it never fails!

(Next month—"God Prayer Is Always Answered," being Mr. Landone's personal experience with prayer. Read it, and get your friends to read it.)

How I Found Peace, Health, Prosperity

By Lillian B. Millard

"A WAITING you in the kingdom are health, power, prosperity and peace," said the mental healer, "and the kingdom is promised to those who seek. The heights are for you. You have gone too far to turn back. You are meant to be free, happy and prosperous."

The words fell like balm on my bruised spirit. "Oh, it is peace I want!" cried I, from the depths of a weary heart.

Sick in body, sick in soul, I was unnerved and despondent. For years I had been seeking the kingdom, slow to learn that my very desire for it brought me even unto the gates. But, now, I went out from the healing presence with a glimpse of new heights and altitudes possible for mortals to attain. Oh, to reach the heights where I would be free and at peace!

All my life I seemed to have been seeking for the Presence. In childhood, it was a reaching out in fear toward an unknown Deity somewhere in the heavens. When I had outgrown the orthodox religion of my childhood, I had taken up the study of New Thought. I read *Nautilus* and many New Thought books, and even then caught glimpses of new worlds of attainment beyond, but in the whirl of living and business, not being firmly grounded, they vanished. But it was these studies that set my feet on the King's Highway, and that I did not then enter into my possessions was my own fault. I was not yet ready for the Kingdom.

Still young when my husband died, I went into a business office. Ambitious, I wanted all that life held and was glad to work for it. Naturally, I had a veritable pagan joy in mere life. Life was the great adventure. But, underneath it all was the longing for the Unseen Presence, a restlessness and dissatisfaction that the merely material would never satisfy.

I tried to practice New Thought precepts as I understood them. I concentrated on traits of character that I desired to possess. I wanted to do away with fear thoughts, and I concentrated on courage.

Step by step, I tried to make over my life

and character by changing my thinking processes. Being of an exceedingly emotional disposition, I tried to attain poise and serenity by holding the thought of poise and peace when mentally upset. In time, I made great progress, and was outwardly the picture of calm and repose. But I lacked the peace that comes only from within.

Where I made my mistake was in not putting the Kingdom first. I wanted the Kingdom, but I wanted all of the good things of life along with it. I was afraid to let go of a single good thing, lest it go forever. So, I tried to graft on the desirable qualities from the outside, instead of furnishing the proper soil for them to grow from within. Not yet was I ready to give up my will in all things and trust the Father. I had to go through much suffering to reach this point.

I worked hard. I had a certain ambition outside of my office work that I wanted to realize. I worked on my will. I put mind first, the human mind. I had not learned that it is only by letting the Divine Mind work through the human that all things come easy. I thought that if I willed hard enough I could make the physical subservient to the mental. The result was that after a few years of burning the candle at both ends, I went to pieces physically—an utter breakdown. It was a year before I was sufficiently recovered to return to work. And then it was with frazzled nerves and in continual fear of a permanent breakdown, with the consequent loss of my position.

I was entirely dependent, in my mind, upon my position. I lived for it. I couldn't think of myself as divorced from it. It was the only thing that stood between me and dependence—utter want.

At this time, I was holding a political position in the capacity of private secretary to a public official. I had not recovered my health, was extremely nervous, and held on to my work through sheer will power for another two years.

Then, the blow that I had feared and dreaded fell. With a change in municipal politics, I lost my position. But, in the mean-

time, fear and worry had done their work. The last day, I went home and totally collapsed. I was an utter wreck. The machine had just stopped. I couldn't sit up. I couldn't speak above a whisper.

When, weeks afterward, I began to come to myself, there followed times of stress and anxiety. My one prayer was to get my health so that I could go to work. My funds were fast disappearing. And at this time I was utterly dependent on the little money I had saved, just as before I was dependent on my position. Not yet could I see that my Good was always present with me, and that in myself was my might. I suffered a very real fear,—the fear of coming to want before I was able to go to work. I seemed to be alone in an antagonistic world.

Months went on, and I did not gain strength. I suffered the usual troubles attendant upon nervousness—constipation, indigestion and sleeplessness. Desperately I prayed for health, affirmed health, but in constant doubt and fear that I would not get it. I made mental pictures of myself, at some future time, possessing health, peace and plenty; but that time was afar, and I could not see myself as possessing now.

More than a year had passed since I lost my position, and I was still far from well, and my funds low. I started out to look for a stenographic position, though even while interviewing managers I was scarcely able to stand. Had I procured a position, I couldn't have held it a day. But I was frantic to do something, and thought that only as I kept struggling would I be able to get anywhere.

After useless searching,—and I am sure my own mental attitude made me fail,—I came to see that all of my struggling and floundering was of no avail. I was only getting deeper into the slough. It was then that the will and nerve that had kept me going seemed to desert me.

Just when my affairs were at the very lowest ebb, I called on the metaphysician. He showed me that if I had inner harmony, the physical condition would correct itself. He made me see that it was not only possible for me to enter the kingdom, but by virtue of my desire, I was very near it; that the sense of separation from God was of my own making,—that the Presence was all the while there, in the center of my being; that I already had everything I desired, in Spirit. I need not worry about a position, he said; I had my

position in God. In fact, God was the only worker. All the work that was done was done by God. I had only to be still and let God work through me.

I came forth from that interview realizing how futile had been my struggles. For the first time, I began to let go, and a wonderful peace began to steal over me. The letting go came by degrees. For some time I alternated between the heights and the lowlands, going up and getting momentary visions, and then sinking back into the slough. But I had had the vision, and there was no turning backward. Also, I noticed that as I relaxed and ceased to worry, my health began to improve.

In another conversation with the healer, he gave me the message outlined in the beginning. He told me that I belonged on the heights; that on the heights were power, freedom, health, everything that one could wish.

And from the depths of my heart I cried: "I want all of these things; and more than all, I want *peace*. I am tired of grovelling in the lowlands, shaken by fears and worries, with occasional glimpses of heights beyond. I want the heights at any price. I want the Presence continually." In complete surrender I cried: "Lord, I am willing to pay the price. Whatever you want me to do, I'll do."

I had been holding on to one certain ambition that had been the dream of my life. But, now, in perfect abandonment, I cried: "I'll give it all up. I'll give up struggling for health. I'll give up everything I ever wanted in this life, if Thou wilt only let me feel the continual sense of Thy Presence in my soul." And this time, I asked in faith, believing.

It was a time to be remembered, when I came to this place. For, lo, it was revealed to me that I did not have to give up anything; that my Father wanted me to have every good thing; that it was His good pleasure to give me the kingdom. And in the wonderful joy and exultation that pervaded me, I laughed aloud. "Why," thought I, "have I not seen all of this before?"

It was all so simple, and I had been blindly struggling for years. For the first time I sensed the reality that I and my Father are one. Words are feeble things to describe the joy that filled my soul. It is indescribable. All fear, all turmoil of spirit was gone. I was lifted up—in a world apart.

At last, I was on the heights—and free. It came to me as a flash out of the Infinite that God couldn't let any harm come to me,

for He and I were one. To injure me was to injure Himself. And of what had I been afraid? I saw that the ambitions, longings and desires of my life were but God working in me; that I of my own self was nothing. God did not want to take from me; He wanted to give to me. Joyfully, I realized that "all that the Father hath is mine." No more fears about a position, no more doubts about the future. The Universe, itself, sustained me.

And this time it was more than a gleam; the radiance grew into a steady light, a light that is continually growing brighter. Before, I was lonely; now I am lonely no more. I have a continual abiding sense of the Presence. I had been afraid to give up my will for fear that I would be asked to do something hard; but, lo, the path was made easy before me. I had an invisible helper always with me. My health improved from day to day. I had ceased worrying about a position. I *knew* that my Father would take care of me. With the trust of a child in its parent, I asked Him to lead me and point out the way. The money anxiety had left me. My funds were nearly exhausted, but I felt no uneasiness. He who cared for the sparrows would care for me.

One day a certain charity appealed to me. I thought, "Shall I contribute something out of my small remnant?" The answer came: "You believe God will take care of you, don't you? Prove it." I made my contribution, and two days afterward received a check for a story written a year before and that I had given up hearing from.

Then, as health came back, after I had given up all struggling and seeking, just trusting, a call came offering me the very position I would have asked, giving me an ample competence and opportunity to devote to the cherished ambition. My heart went out in thanksgiving and praise for the opportunity of service.

Months have passed and my health is better than in years. I work with ease and joy in the working; no more in the old tense state of hurry. I have plenty of time for everything I have to do. Gone forever is the false idea that I work for money or a livelihood. I work for the joy in the service; for the pleasure it gives me to help people. And I am not dependent on my position. I know that if I lost it tomorrow, something better would come to me. When I accepted the position, it was as if the call had come to me as to one of old: "Get thee down to the people." I had dwelt on my Mount of Transfiguration in an atmosphere of peace, and I wondered if it would remain with me down in the turmoil of business. It does remain. I carry my own atmosphere into the office, and I know it makes for efficiency in my duties.

I am telling this story of my wonderful transformation in the hope that it may help some other soul who is struggling to reach the heights. On the heights is a freedom unattainable elsewhere. On the heights you get clarity of vision and understanding. You realize, in its fullness, the oneness of life. You know that *you are* your brother, that one spirit is in all. You rise above self-consciousness into world consciousness, and things and events that before loomed large, sink into insignificance in the presence of this broader vision.

The joys of the kingdom are beyond words of mine to express. In the kingdom is everything you can desire. And it is my experience that the moment you are willing to give up everything to possess it, you are even at the gates. Enter in and claim the promise, that "all of these things shall be added unto you."

("Passivity: How to Go Into the Silence," a new article by Edward B. Warman, in October Nautilus. Don't miss it.)

Within

By Martha Watts Frey

BEARER of the kindly torch of love and care
 To those who need,
 Seek no further for the hand to smooth your brow
 And give you peace; He dwells within,
 In your own heart,
 Who giveth perfect peace.

Does the Mind Communicate With Other Minds?

By Pierson Worrall Banning

Article 4 of "The Power of Mind"

THE following is an absolutely authentic instance of mental communication:

Ed Morrell was a life prisoner in one of the dungeons of San Quentin Penitentiary. The only other prisoner in solitary confinement was thirteen cells away from him. He felt that if he could get that man to understand a code he had worked out, for communicating by rapping with his knuckles on the walls, it would break the deadly silence and monotony that in a short time would otherwise drive them both insane.

For nine months Morrell rapped, signalling first the letter "A," then the other letters of the alphabet as outlined in his home-made code, hoping that the other man might discover what he was trying to get over to him. Raps came back, but not intelligible, merely recognition. After nine months he gave it up, for the other man had some time before stopped replying, believing Morrell had gone insane with his continued rapping.

Morrell, to change his line of mental effort, began each day to try to produce self-hypnosis within himself. He finally succeeded. At first, in this condition, his mind seemed to travel here and there but did not accomplish anything beneficial to him.

Finally he decided to try to use his will power to visualize and to convey to the mind of the man in the other cell a picture of a square, with other squares in it representing his code.

By this time Morrell began to feel himself slipping mentally, and that insanity was rapidly approaching. In a final tremendous effort that would probably be his last attempt, he concentrated with all his power upon the other man, desiring that the other man see and understand that his code was made up of

squares, each indicating a letter and each corresponding to a series of raps.

To his great astonishment the other man began almost immediately to rap a message to him, using his code.

This they continued until Morrell was later released. When they first began to communicate with each other, Morrell asked how he had happened to know the code. The man replied that suddenly and without warning he had clearly seen a square with squares within it, and each square standing for a letter, and that a certain number of raps stood for the letters desired, and that he thought he would try it out at once and see if Morrell might possibly understand him.

It turned out that the other man saw with absolute clarity every detail of the code plan which Morrell was making such super-human efforts to impress mentally upon him. From that time on they told each other the story of their lives, and carried on daily talks.

Morrell's pardon by the Governor enabled him to write one of the most remarkable books, "The Twenty-Fifth Man," presenting strange but undoubted evidence of one of the most unusual demonstrations of certain phases of mental work that have come to the attention of the scientific world.

If Ed Morrell had demonstrated but once that he had actually succeeded in transferring his thoughts in visualized form to the other man, it was such a comprehensive and detailed transferring of ideas of a complicated nature that the test must be accepted as an established fact, proving thought transference both possible and real.

If thought is transferrable in such a complicated code, telepathy is a reality.

("What Is This Power of Mind?" comes next in this series.)

ALL truths wait in all things.

—Whitman.



Views and Reviews by William E Towne



THE GROWTH OF A "JINX".

I CONFESS right at the outset that I am not very clear as to just what a "jinx" is. But it seems to be a sort of imp of ill luck. At least, that is how it is regarded by those who have "it" dogging their footsteps—as they believe.

Now here is the outline of the growth and development of one "jinx", and according to his victim he's still growing!

The owner of the "jinx" was quite a prosperous professional man, some years ago. Then a near relative died and the heirs thought the property revealed by the inventory was far short of what it should be. They conceived the idea that there must be—somewhere—a safety deposit box or some other treasure trove, containing bonds of large denominations or other valuables to the amount of tens of thousands of dollars.

Now right here, it seems to me, our professional friend took the first step toward the creation of a good healthy "jinx" that would play "hob" with his professional income and his creative work. He began to dream of that hidden wealth, that treasure trove, that would put him on easy street if he could only locate it. He ate, slept, worked with that thought. He searched, he visited mediums, he did all his common sense dictated (and some that it didn't!) in order to locate that mysterious, elusive hidden wealth. Of course his creative work suffered. His energy was being dissipated in phantasy instead of constructive effort. He was looking to the past for aid and assistance instead of to the LIVING PRESENT. He was ignoring the material of success, which he had been using with very good results, that lay all about him. No doubt his hand lost some of its cunning. His interest undoubtedly flagged. The creative fire was no longer directed to the construction of saleable goods. It was being dissipated in glorious dreams. The man did not seem to realize this. He did not know that he had changed. That his process of going after success had changed. That he was not keep-

ing in sympathy with his clientele as he had done heretofore. So when the results began to show this falling off of creative interest on his part—this transfer of love-energy from the concrete to the world of phantasy—the man was puzzled. He grew more puzzled, as time went on. He pulled back in part, by the help of New Thought.

Then he went off on another quest. The fever of land speculation attacked him. Again he diverted his creative energies into a new field. He was fired with glorious dreams, he thought he saw rosy possibilities where they did not really exist, and he lost.

But he laid the loss more to the "jinx" than to anything else. He did not realize that he lacked the foundation, the background, to make a success of land speculation.

And all the time his faith was growing! His faith was growing larger, not in his own powers, but in the power of the "jinx". So when he returned to his home, after this last disastrous adventure, and began to pick up the threads of his professional work, he could not realize that his touch had lost some of its cunning (which could be regained by concentration and interest) but still went on blaming the "jinx."

The "jinx" has become the supreme thing in this man's life—for the time being. Instead of pondering, when he wakes up in the morning, what he can produce that will sell to his clientele, he wonders what the "jinx" is going to do to him today! All the while he is tuning in on the vibrations that attract the "jinx"—that negative little devil of his own thought world! He keys himself to a negative tone. True, he repeats affirmations and reads New Thought—but he radiates discouragement and faith in the "jinx". He is daily using the vibrations that keep the "jinx" alive in his consciousness.

"As a man thinketh in his heart, so is he." On page 25 of July, 1926, *Nautilus*, Mr. Landone says: "Whenever I have used *Mind and Love and Life and Action*—there have been NO failures."



VIEWS and REVIEWS by WILLIAM E. TOWNE



And conversely, whenever you use, daily and hourly, the negative thought vibrations of which a "jinx" is constructed, there will be little else *but* failure.

THE ARCHAIC SELF.

"WHY do we say things, then wonder why we did it? Why are we sometimes unjustly cruel to our loved ones? Why do we sometimes have a secret satisfaction over our friend's misfortune?"

These are a few of the questions a correspondent asks of *Nautilus*. The answer can be summed up in two words—the archaic self.

You are not a product of the present age alone. Your history, the history of every human being, stretches back into the remote past, millions, some say a billion, years.

What we call civilization, is super-imposed upon this ancient, archaic self. For millions of years man's emotions were expressed in ways that, to the modern, seem barbarous and uncontrolled. Whatever man wanted he went out and took, with little regard to other men. Then, as social ideals developed and man began to see his relation to society, to other men, it became necessary to form new habits. He was constantly making new adjustments of conduct and action to meet the new ideals. This led to many serious mental conflicts. The old impulses were constantly at war with the new ideals.

And so, in times of stress, when the old warfare of ideals and the desires of the archaic self becomes acute, man relapses, for the moment, into that old, old self and acts accordingly. His mind is suddenly flooded with some primitive emotion and in his modern surroundings he is not yet sufficiently at home to find an adequate outlet for it. In the old days to *feel* was to *act*. So he sinks back into the primeval until recalled by the rising tide of consciousness of the present and its demands.

This drama is repeated over and over in the life of every man and every woman. That love which includes the other fellow as well as one's self rises slowly into human consciousness. But every step of the way it is frequently challenged by the old archaic instinct

of self-preservation, which looks upon every other human as a possible rival.

With the coming of a better understanding of the oneness of mankind and with an ever growing understanding of the law of love, with its more complete expression in all human action, the archaic self will slip farther and farther into the background and there will be less and less of that inner conflict which at the present stage of our development plays so prominent a part in life.

FOLLOWING YOUR HABIT THOUGHTS COSTS MONEY.

THE silos on many farms need straightening up. The usual method in such cases is to get a carpenter to give an estimate for the work. Or else the farmer tries to do it himself, often at the cost of a great deal of time and effort.

I have just been reading in an agricultural paper how one farmer did this job at almost no cost, simply by using a little forethought.

The carpenter said it would cost anywhere from \$100 to \$200; that the silo would have to be taken down, piece by piece, and rebuilt.

The farmer did it himself at a cash outlay of \$5 and a few hours of spare time, when there wasn't much else to do. All he did was to rig a tackle from the silo to a big tree and let the farm tractor pull the silo into place.

In this little incident is a whole lesson on forethought versus habit thought. There are methods and processes right at your hand by which you can get the results you most desire to get, if you will only concentrate upon the **PROCESS** as well as the end and visualize the **STEPS** by which you are to proceed.

Don't let your habit thoughts blind your eyes.

"SILENCE is golden—" but I never knew
That anything could be so gladly true,
Until I tried it, sitting at His feet
Across the still harp of my Soul, He drew
His mighty bow—and wakened chords so true,
That all my being, bathed in rapture, knew
Love's golden melody, Supreme, Complete!

—WRIGHT FIELD.



International Sunday School Lessons

Interpreted for Ministers, Teachers, Students and Others who Study the International Bible Lessons

Class Work by Rev. GEORGE C. GOLDEN

September 12. GIFTS FOR THE TABERNACLE OR THE RATIONALE OF BEAUTY. Exodus 35, 20-29.

Bible Readings: Exodus 35 and 36, 2 Cor. 8.

GOLDEN TEXT: *Honor Jehovah with thy substance and with the first fruits of thine increase.* Prov. 3, 9.

NEW THOUGHT GOLDEN TEXT: *Worship the Lord in the beauty of holiness.* Psalms 29, 2.

THE fleeing slaves were crossing the desert. Perils of storm and drought, dangers of despair and discouragement lay before them. Only firm confidence in the possibility of reaching their destination could give them the fortitude and valor necessary for the successful accomplishment of their journey. Here was the purpose of their religion. This was the saving power of faith.

In order to make their religion a living, vital, effective and compelling power in their lives, Moses ordained that not only should their worship of Jehovah, the Great I AM, be an act of intelligent concentration, but it should also be an act of beauty. The Great Spirit within should speak to man, not only through the intellect, but through the heart. The atmosphere of the tabernacle, the richly wrought vestment, the lingering incense, the sparkling jewel and the haunting melody of the trumpet should add their testimony to the senses to aid in establishing the understanding that destiny smiled on them according to their faith.

This is but a symbol of the fact that when Soul speaks, it utters itself in words and actions of beauty. When the lover gives free expression to his spiritual revelations, he becomes a poet. When the patriot becomes the inspired oracle, he tells of his country and country-men in terms passing praise. He is moved by a great instinct of the Soul—for Soul knows that conviction and courage are established by appealing, not to reason alone, but also to the heart.

To assume, act and dramatize prosperity when we have only our faith in the All-good is to hasten the day when our belief shall be manifested. To dress, act and assume the role of the healed one, even while departing pain is giving its last, futile efforts, is to bolster up that faith that conquers.

Silent Affirmation.

I dramatize, act and assume the role of health and prosperity thus proving my faith in God and my utter disbelief in evil.

September 19. OBEDIENCE TO LAW OR THE RATIONALE OF SELF-CONFIDENCE. Lev. 26, 3-20.

Bible Readings: Leviticus 26, Prov. 23.

GOLDEN TEXT: *Drink no wine nor strong drink, thou nor thy sons with thee.* Lev. 10, 9.

NEW THOUGHT GOLDEN TEXT: *Let us therefore come boldly unto the throne of grace that we may find grace to help in time of need.* Heb. 4, 16.

DISSIPATION is a false, futile endeavor to still our spiritual hunger. The Self in us demands its expression and realization. Divine Love in us will not be gainsaid. Divine Life in us will not be suppressed. Divine Intelligence in us must be spoken. When we listen to the evidences of matter that make us believe the natural outlet for our spiritual energies has been closed for us, then it is that dissipation comes with its vain, impossible promise that it will make us "forget".

A mother lost her only child. All the ideas that had arisen in her soul, all her plans for the child, her aspirations, her dreams, her hopes, her expectations were now, according to material evidence, only so many disappointments. Vainly she endeavored to throw herself into the faster set. It was utterly impossible for her to forget even though she stimulated her excitement with high stakes at cards. While she was considering her "bid", there would arise in her mind the thought, "If my child were only here today, we'd be out in the mountains." Satisfaction, peace, adjustment with herself—these she could not find.

When she turned to her desires and made it her business to fulfill the prompting of these angels of God, she adopted a child and all her dreams and hopes were expressed. Not for her own child, it is true, but for this stranger's babe that she grew to love as much as though it were her own. With love, with life there came peace—that peace passing understanding or describing.

Silent Affirmation.

I boldly, courageously assume that my Good is ever present and think and act only to that one desirable end.

September 26. EARLY LEADERS OF ISRAEL OR MOSES. (Review.)

Bible Readings: The Book of Exodus.

GOLDEN TEXT: *Let us run with patience the race that is set before us, looking unto Jesus, the author and perfecter of our faith.* Heb. 12, 2.

NEW THOUGHT GOLDEN TEXT: *God said unto Moses, I Am that I Am. Exodus 3, 13.*

OF ALL the noble personages in the gallery of the Old Testament Moses is the most outstanding, efficient, unique and inspiring character. His life demonstrated the divinity of desire. His history was the dramatization of the Holy Ghost working through the human imagination. His success was the undeniable, emphatic and convincing proof of the nothingness of material limitation.

A young man in his late twenties came to a metaphysical teacher. He was a bond salesman but his occupation, though comparatively successful, gave him no satisfaction. He asked for help to reconcile himself to his work.

The teacher refused to give the boy what he asked. He insisted upon exploring into the lad's unconscious until he dug up a profound desire for a dramatic career. He preached to the youth the divinity of desire until he had convinced him of his own power to attain his ambition. A metropolitan role has justified the metaphysician's judgment.

The deep desires that seem to be born even before we drew our first breath and linger with us as long as there is life were not placed there by a tantalizing, torturing providence who delights in frustrating us. Thank God, we have grown away from such a barbarous conception of our Deity. We believe those desires are the Pillar of Fire leading us to the promised land—the Land of the Heart's Desire.

Silent Affirmation.

My desire reveals to me my destiny, through my imagination the Holy Ghost shows the way of attainment and by loyalty to my Self I assure myself of my certain success.

October 3. ISRAEL JOURNEYING TOWARD CANAAN or THE RATIONALE OF CHARITY.

Bible Readings: Numbers 1 to 10.

GOLDEN TEXT: *Come with us and we will do thee good. Numb. 10, 29.*

NEW THOUGHT GOLDEN TEXT: *The greatest of these is charity. 1 Cor. 13, 13.*

MOSES had a problem on his hands! He was concerned over what he should do with his brother-in-law, Hobab. Unless Moses made some definite place for him in the new organization, he would return to his old home.

To keep him with the nation as a sort of pensioner would never answer the purpose. It would make the man feel superfluous, burdensome and separated from his own Good.

Moses undoubtedly began his reasoning for his friend by assuring himself that in the All-Wise plan of the Universal there existed a definite, valuable and individual service that this man could do. The realization of his use revealed to the Seer the fact that if he came with the Jews, he could be to them as eyes. Thus Moses, by including the presence of his brother-in-law, both strengthened his own executive board and took care of the future of Hobab.

About this city that I love, there is lying on

the hills a cool, artistic, green mantle of firs. At one time there were only grey, bare sand-dunes looking out over the Pacific Ocean. Then there came a panic in the nation. Men here stood in bread lines. A far-seeing, generous man, with humanity and revelation, engaged these unemployed to plant this forest. They felt themselves to be no longer beggars but knew they had earned what they had received. They were given aid without destroying their self-respect. He who enlarged his vision to include their co-operation profited by his undertaking.

Silent Affirmation.

My Soul's vision is big enough to include the efficient, essential labor of all who depend upon me for support.

October 10. THE REPORT OF THE SPIES or THE RATIONALE OF REASON. Numb. 13, 25-33.

Bible Readings: Numbers 11 to 13.

GOLDEN TEXT: *We are well able to overcome. Numbers 12, 30.*

NEW THOUGHT GOLDEN TEXT: *I sought the Lord and he heard me and delivered me from all my fears. Psalms 34, 4.*

THE story of the spies is an episode that is very familiar to all of us. Our desire calls us to explore and conquer new lands. Our fears report that the territory is impossible of conquest. Thus mortal, carnal mind in us acts with almost superhuman intelligence to hold us back from our own good.

There seems to be no one immune to these sieges of mortal mind. It is reported of the Master that he was tempted in all points even as we are. This would lead us to deduct that he was not unfamiliar with fear. But fear in him did not attain its object because he knew it was an erroneous, false and fictitious report and that all he need consider, know, depend upon or take cognizance of was that in his own brilliant, radiant, spirited Good he lived, moved and had his being.

It is a glorious truth that Christianity holds for us. The revelations of the hidden, unseen spiritual world of undreamed-of perfection and unguessed beauty has led man, whenever he has whole-heartedly followed his vision, into unique attainment and satisfying service. It is a principle so practical that a child can apply it, so profound that the wisest mind must marvel in wonder.

A woman was a partner in a shop. The senior member was leaving and all this woman saw was selling her own and going back to clerk for others. Her desire was to buy the whole store and manage it herself. Her fear told her that she was unable to assume the responsibility. When she took her desire as a direct, personal revelation of her own omnipotent, divine strength, she fearlessly and self-composedly undertook the opportunity and proved the reliability of Truth.

Silent Affirmation.

I know that in Universal Mind in me, all my problems are solved and every one of my desires are realized.

Parents And Children

Helps that
will bring



them closer
together

Diphtheria Healed by the Power of Truth

By J. M. M.

WE CAN give our children no greater legacy than a foundation of Divine Truth. The field is ready for both seed time and harvest, and the best place for sowing is in the heart of a child. Our greatest effort in the New Thought field should be in the teaching of children, that the coming generation may take a great step upward. Children respond to treatment readily, and may at the same time have the lesson of Truth so strongly impressed upon them that it will grow and increase a hundredfold.

I was once living in a strange town, having taken a position there. We were in rather trying circumstances, my salary was small, and expenses high. We had no money above a meager living expense. My wife was not over-enthusiastic about our prospects. She was naturally quite easily excited and discouraged in sickness.

A diphtheria epidemic broke out in our part of the town and spread rapidly, coming next door to us. This was quite disheartening, because we knew that our children had been exposed;

and we were among strangers, and had no money for preventive treatment.

My wife expressed increasing alarm as the number of cases increased, and one or two deaths occurred, even though all had medical attention daily. I spoke cheerfully and tried to reassure her of God's protection.

One day I came home from the office at noon and found one of the children, a nine-year-old girl, in bed and the mother alarmed. I found the child indeed very sick—hot, flushed, nervous, eyes languid. I looked in her throat and there were the tell-tale blisters and plain evidence of a genuine and severe case of diphtheria.

The worried mother lamented the dire need of a physician, and the fact that we had no money for medical treatment. I assured her cheerfully that we had the greatest Physician the world has ever known right in the house, and that His services were sure and free. I told her in the presence of the child that medical aid—anti-toxin treatment—was all right if taken in time, and was doing great good in the world; but that God, the maker of physicians and remedies, could do the healing without either of them. If we trusted them—only part of Truth—and they failed, all was lost. If we would only take the whole Truth and trust God, He never loses a case. This attitude strengthened me, encouraged my wife, and had evidently much to do with the sick child.

I then rubbed my hands together vigorously, and passed them down each side of the child's face and throat, saying very confidently and smilingly to the child: "God is perfect health. He is here now, and is healing you. He is causing all impurities to leave you, and His Nature overcomes all the poison. Just thank Him and go to sleep and you will soon be well."

Inwardly I held the feeling that what I said to the child was potentially true, and was being acted upon from the instant I said the words. I continued to soothe the child with my hands; and communed with Divine Love thus in silence: "Father, I thank Thee that Thou hast heard me. Beautiful, powerful Divine Love, how sure are Thy Laws of perfect health. We now have per-

Questions Answered

On Child Problems

We have arranged with Mrs. Carter to answer (through this Department) questions from parents and teachers regarding problems of the conduct, training, teaching, etc., of children. We will donate at least a page in each issue of *Nautilus* to these answers. No charge whatever. Write a separate letter for your question and address Mrs. Alberta M. Carter, c/o *Nautilus Magazine*, Holyoke, Mass.



fect safety, and all is well with the child." I thus directed my own inner thought-feelings in full and satisfying confidence, until I could see the Power encouraging Nature to neutralize the toxin and restore the cells and nerve force. Soon the child was asleep. With a few more encouraging words for the family, I soon returned to my work, with a glad feeling of relief.

When I came home again at five o'clock in the afternoon, the child's temperature had lowered several degrees, it seemed to me. The flush had nearly left her face, and the dim, fading look was gone from her eyes. She smiled when I went to her. I repeated the treatment about the same as at first, telling her to relax and rest so that Nature could build her up to strength again, so she could run and play and enjoy the bright sunshine. At bed time I repeated the treatment again, and retired in full faith that all was well.

The next morning the little girl was able to get up, and was evidently a long way on the road to recovery. I gave no more treatments except my inward thanksgiving for the blessing received. In two days her nerve-energy had been largely restored, and no one would have guessed that forty-eight hours before, she had been so near death's door.

This made a lasting impression on the child, and she learned to look to the Great Physician for healing, often trying the same treatment for little brother's small ailments.

MRS. CARTER'S ANSWERS TO QUESTIONS

J. B. Mc.—"Some soothing poems that will help a mother's disposition and her nerves?" Get a copy of "Poems of the Sun-Lit Heights" and suppose you just refrain from petting-up your nerves. Laugh at them and praise their splendid service. Get Dr. Josephine Jackson's book, "Outwitting Our Nerves," and practice its truths. Set apart a little time each day in which you can be absolutely alone and affirm, Coué fashion, in a monotone: "I can be gentle and good tempered." Forgive yourself when you blunder, and repeat the above statement again. Read W. D. Howells' "Years of My Youth," if you want to learn of the ideal harmony in a home. He says, "If my mother was the heart, he (my father) was the soul of our family life." Again, "My mother was not only the center of the home to me, she was home itself."

J. A. R.—"Suggest a prayer for children?" Kindergartens universally use the following prayer in song:

"Father we thank thee for the night,
And for the pleasant morning light,
For health and food and loving care,
And all that makes the world so fair.
Help us to do the things we should,
To be to others, kind and good;
In all we do, in work or play,
To grow more loving every day."

In one Sunday School which I supervised, the children themselves formulated a prayer from many of the Truth statements which I gave them, such as "I am Love and I shine out to bless. I am God's child, nothing can hurt me or make

me afraid, etc." With encouragement, children like to make their own prayers. Here is one which you may be able to use:

Here am I with God beside me,
And no evil can betide me;
For in Him is Health and Love,
Good gifts coming from above.
I shall sleep and never fear,
Knowing God is ever near.—A. M. C.

For older children:

I forgive myself all wrongs and sin
I've done throughout the day;
And leave my troubles all with Him,
Who doeth good always.
Asleep in Him, Awake in Him,
I have no doubts, no fears,
For God who gives me life, I know
Will guide me through the years.—A. M. C.

V. W.—"Some one gave me a copy of your wonderful 'New Thought' magazine, *Nautilus*, and I prize it as I would a treasure. I found the children's prayer in it and each night my three say, 'Order here, order there, etc.' It makes them sleepy and quiets them at bed-time."

Your eight year old daughter is "bossy" perhaps, because she is the eldest and has had much care of the four and five year old children. If "the two smaller ones want the same toys, and try to slap, spit, and fight each other until I have been distracted by the inharmony in our home," where shall we find the cause and remedy it? Dear little mother, children are very much like chameleons, changing their color (temperaments) with everything or person they contact. Now, the mother is the children's example. Face yourself in life's mirror and see if you have ever slapped or bossed those children. Be honest. Everything in the home revolves around the mother. She can make any place beautiful by living beautifully in it. Forgive your past ignorance and offences and thank God for this new spirit which he has put into you. When the wrangling begins, instead of arguing or scolding, sit right down in the midst of the children and be SILENT. Repeat over and over in your thoughts, "I thank thee, Father, that thou hast covered us all with thy peace. Our hearts are full of it, and harmony reigns supreme in our home." Let your heart sing, "I will put a new spirit of Love into my home, and it shall live."

To inquiring mothers:—"Don't make the mistake of doing too much for your children. It is unfortunate that all cannot be born poor. At the top, there is nothing to climb for."—Rev. Carl S. Patton, D. D.

"Of the small items of considerateness we make our mosaic of married happiness."—Dr. Charles W. Eliot, president emeritus of Harvard University.

J. S.—You were right to let your son choose and study for the vocation his heart was so set upon. Now encourage him in every way, believing that it is God's choice for him and that he will "make good." While I believe in a well rounded out course of study, at his age, it is time he was working along the line in which he expects to do his life's work. Let the Study Club bless his efforts.



Things That Make For Success

And for the advancement of the individual in all ways. This is a correspondence department of success ways and means, conducted by the Editors and contributed to by NAUTILUS readers everywhere.

To Correspondents

Prizes for the Best Letters to This Department

Have you discovered something that makes for success?

Tell us about it and perhaps you will win a prize.

To the writer of the most helpful success letter published in this department each month we will send NAUTILUS for 3 years. Or, 3 yearly subscriptions to separate addresses if preferred.

To the writer of the most helpful letter printed in each six months' period, we will send \$5 in cash, in addition to the subscriptions. Prize winners announced each month for the preceding month.

Letters should be concise, plainly written on one side of paper only, and not mixed with other matters of any sort.

—THE EDITORS.

(Success Letter No. 1047.)

I DEMONSTRATED A MATE AND HEAL-ED MYSELF OF DEAFNESS WHICH THE DOCTORS SAID WAS INCURABLE.

IT WAS in the year 1918, sometime in March that I grew sort of restless and dissatisfied with my condition, and deep, deep down in my heart felt there was something better for me. But how to find the magic key that would unlock these store houses of treasures was my next problem. It was by my thinking and desiring a solution that it came.

On opening the mail box one day there was for me a small magazine named *Nautilus*. I opened it and devoured its contents. It was the very thing I needed. I applied its teachings and they brought wonderful results.

My desire was an appropriate companion and a home of our own.

After about a month of affirming these things one night in a semi-conscious condition I had a very clear vision of myself in a beautiful room tacking to the floor a green carpet. Not paying much attention to it, it was soon forgotten. In June of this same year I began keeping company with the man of my ideals. The following fall

we were married and bought a cozy home in a very nice location. It was when fixing up our bed room preparatory to occupying our home that my vision of a few months before flashed vividly to my mind. I was in reality in the very same room, tacking the identical green carpet I had seen in my vision.

The epidemic of flu broke out and crape was on the door of almost every home. But I affirmed I was healthy and I never took it. In the spring following, however, I was attacked by a disease of the middle ear. All physicians pronounced it incurable. I was almost distracted with head noises. I also lost my hearing in the affected ear. It was then I turned to dear old *Nautilus* teachings for help. I made some simple affirmations of my own and visioned a sound ear, every morning and evening, and in less than six months I was wholly restored.

What a change New Thought makes in one's life, when properly applied. I am deeply interested in the subconscious mind and am daily making new discoveries. I depend on it for help in problems too hard for the conscious mind to solve and many times I get immediate results in a remarkable manner.—Mrs. R. S., Pa.

(Success Letter No. 1048.)

NEW THOUGHT GAVE COURAGE.

MRS. R— is a widow and, with the help of her grown daughter, was keeping student roomers and boarders for a livelihood.

For several years everything went along nicely; then, for various reasons, things began to go backward, until at last she found herself in debt, without income and all efforts to find work unsuccessful.

It was at this stage of affairs that I received a frantic appeal to come and help plan a way if worst came to worst. And right here, I want to confess, is where I almost backslid. We began to plan what to say to the creditors, how to dis-

pose of the furniture, what to say to the landlord—all in the most pessimistic mood that two human beings could muster. Then, suddenly it dawned upon me that we were simply visioning her into the things we *didn't want*. I sat bolt upright and said: "Right about, face! We are going contrary to all New Thought teachings. The thing you want most, Mrs. R—, is work, at a salary that you can live on and pay these debts. You are capable, deserving and honest. That job is *here*, waiting for you. Let's use our knowledge of New Thought to find it."

I explained W. Y. M.'s method of the love waves, told her how to forget just for that night her despair and send out the waves of love from herself to the desired position and then picture them coming back to her. I proceeded to do the same thing. Then we both fell asleep.

Mrs. R— awoke the next morning saying it was the first night that she had slept and rested for months, and that she had regained her courage and felt sure everything was coming out all right. I came home at the week-end. I received a long-distance call telling me that she had found work at a larger salary than she had even expected. And this was another remarkable thing: The morning she found the work, she had the persistent feeling to call this place to see if they needed help. So she called and they said yes, that they had just sent an advertisement to the evening paper for a competent woman, but for her to come over and they would not only hire her but take her daughter as helper.

This experience is true in every detail, and it, with many others, convinces me that supreme faith never fails if it is used in a time of need.—W. H. K., III.

(Success Letter No. 1049.)

A CASE OF SPIRITUAL HEALING OF PLEURISY.

I HAD been suffering for a few days with what we call pleurisy and which the usual remedies failed to relieve. On the third day, quite worn out with suffering, I came from my room and went about my very untidy house, picking up as I went. I passed into my little kitchen where soiled dishes were piled about. I knew my husband would soon be home to dinner and so after putting in potatoes to bake I turned on the hot water and began to wash dishes.

As I did so I began to hum softly the old hymn:

Sometimes a light surprises the Christian when he sings.

It is the Lord who rises with healing in His wings.

Over and over I sang the words and unconsciously I began to straighten myself for I had been bent with the pain and suddenly I found myself erect and free from the pain that had tormented me.

At that moment my husband came in and the first words he said were, "You feel lots better, do you not?"

We both agreed it was a clear case of spiritual healing.—H. C. S.

(Success Letter No. 1050.)

HOW THE WIFE OF A RETURNED SOLDIER HELPED HIM TO BECOME HIMSELF AGAIN BY A UNIQUE USE OF NAUTILUS EDITORIALS.

I HAVE discovered an interesting and helpful way of using *Nautilus* editorials. I have been using them in this way for over a year and the results have been astonishing all along.

So I consider it my happy privilege to pass the good word along to other *Nautilus* friends.

Soon after my husband returned from France with the A. E. F. the idea was slowly borne upon my mind that he had lost all his ambition overseas. He seemed to feel as if his life work was over. But during the two years that followed a little son came to us and I began to think that his life work had only begun. I tried to impress his mind with the same idea, but all to no avail.

He would only sit and stare into space and I was afraid that the horrors he had been through in the war were driving him crazy. He was not the man I had married, but a stranger to me. And oh, how I wanted him to be his dear self once more.

I tried several different ways to get him out of the slough of despondency. Then as I became nearly desperate, I came upon an advertisement of *Nautilus* in one of my other magazines. I sent ten cents for a trial copy and as soon as I had read it through I knew it would help.

My husband had been out of work for several months and we were living with my folks. I loved him and I prayed that I might be able to help him.

However, I was slow in learning, not because I did not want to learn but because I was hemmed in by preconceived ideas and notions that had been taught me as a child. But I studied and went into the silence. I followed instructions in *Nautilus* earnestly and prayerfully.

Gradually, things began to grow better for us. My husband got a good job and we had a home of our own.

But that was not enough to suit me. I wanted that haunted look to go out of his dear eyes. I wanted him to forget the war.

This is where my experience with using *Nautilus* editorials comes in.

I kept asking the spirit within to guide me, and the spirit within did guide me. It has never failed me since, for God is truly our father if we but trust in Him and learn of His wonderful wisdom.

In January, 1925, I bought several bunches of cheap envelopes and on each one I wrote a date. Then I hunted through the editorials in my old copies of *Nautilus* and cut out the sentences that interested me most. I put one in each envelope.

Every morning when my husband went to work I kissed him and handed him the envelope dated for that day and asked him to learn the sentence inside while he was walking to his office. I knew he would not experience any difficulty in learning the sentences as he has an excellent memory.

At first he seemed amused at the idea, but he did it to please me. Then later, he began to

be interested himself. We made a regular game out of it. After he kissed me goodbye he would say, "Now, where's my bracer? I couldn't get through the day without that."

Here are some of the sentences I used just to give you an idea.

"Go in and win and stick to it. All you desire is yours, and far greater things than you can possibly picture at the present time."

"God's kingdom is come on this earth now, but only he who *sees* walks in the joy of it."

"Respond to your environment, let God work through you to glorify and beautify everything you touch."

"You are the commander of your subconscious. You are the 'captain of my soul.'"

"The mind that rests on God is at peace. The mind which is striving against anything is not at peace."

"Know yourself for the God you are, and act like one. Then you shall know peace and power and wisdom and the nothingness of evil."

Of course, space would not permit me to give you the entire 365 quotations from the Towne's philosophy of living and loving. But they are all as interesting and every bit as helpful as those I have just given.

To make a long story short, my husband has learned to love *Nautilus* as I love it. He reads it at night propped up in bed on his pillows, and it makes me so happy.

He helps me make out the slips to put into the envelopes. We make them out quite a ways ahead, so we will be surprised every morning. I learn them too. I copy the day's quotation from his slip and pin it up over the sink where I can memorize it while I am washing dishes.

We call it "starting the day right," and you cannot imagine the sunshine and joy, success and friends that this little "game" has brought us. My dear husband has his health back again and I am so happy to know that his despondency has given way to hope and his gloom has turned to laughter.

I would rather hear my husband laugh than to listen to the most beautiful music in all the world.—M. S., New York.

(Success Letter No. 1051.)

WHEN WE FOLLOWED THE LEADING OF THE SPIRIT, EVERYTHING SEEMED TO WORK FOR US.

MAY I WRITE an interesting bit of experience for your magazine?

We have wanted to come to the Coast, or West at least, for two or three years, but nothing seemed getting us any nearer. About a year ago I wrote to you asking your opinion on such a move—just to try to have faith that if we gave up our work and home back in the Middle West everything *would* turn out right for us here. You answered like this: To continue to do and be our best where we were and write every company where work corresponded with my husband's, might be obtained, using all practical methods to secure a connection, and if we did succeed—then to feel we were meant to go.

We did this. Nothing happened for over six

months. Then the day after Christmas, in the heart of a blizzard, my husband came from the office, saying, "They want me to go out on territory the first of the year."

He was city salesman for four years in a wholesale automotive concern and did not want an outside territory with that company. We said, "No, it can't be done." We discussed it from every angle and decided "No." It meant get a new job to us.

He went to the telephone to tell his sales manager so and when the connection was made, instead of telling him *that*, he said, "I'm going out Monday. I'll try it."

I was astounded. He couldn't tell *why* he said that. Well, his second week out he ran across the brother of an old pal of his with whom he had worked in the same business but hadn't seen for five years. It seems Leonard had come to California after a bad attack of double pneumonia following "flu" and had become located with a very large firm in Los Angeles dealing in the same goods and having many stores all over the West. My husband wrote to him and the result was the sales manager of the company wrote to him and offered him a position if he came by May 15th. Of course we came and *every detail* of our coming, from getting the price we asked for our old furniture to locating in our friend's store and getting the type of place we wanted to live at the price we wanted to pay here, has worked out just perfectly.—Mrs. M. H. D., Calif.

THE PRIZE WINNER for August 1926 *NAUTILUS* is N. L. C., who wrote Success Letter No. 1043. We shall be glad to send the prize of three subscriptions wherever the winner directs.—C. H. S.

THE \$5.00 PRIZE WINNER who wrote the best Success Letter published in the Success Department of *NAUTILUS MAGAZINE* from the January, 1926 issue to and including the June, 1926 issue was B. L. S., who wrote Success Letter No. 1031, which appeared in the May, 1926 issue. We shall be glad to send our check for \$5.00 as soon as we hear from the winner.—C. H. S.

FOR WORLD PEACE

WE the Rising Generations, demand a United States of the World.

We want our idle vessels and ships to be used in times of peace for a Public University of Travel, a white fleet that shall tour the world every year.

We want these ships manned with the best instructors in Art, Literature, Travel, History, Modern Languages, Sociology, Human Nature and Universal Brotherhood.

We want the students selected according to all-round merit from the graduates of public High Schools, and Industrial, Vocational and Technical Schools of all the States.

We want this postgraduate year of travel given at the expense of the nation, the students co-operating systematically with a minimum naval crew, in all work done aboard ship.

We believe in these things.

We pray for them.

We talk them.

We vote to this end.

—Elizabeth Towne.



A DEPARTMENT OF
CONSULTATION AND SUGGESTION
CONDUCTED BY ELIZABETH TOWNE
AND WILLIAM E. TOWNE

*"O wad some power the giftie gie us,
To see ourselves as others see us,
It wad frae mony a blunder free us
And foolish notion."*

We answer in this department the 1001 personal problems that are put to us—as far as space and time hold out. And we make one answer do for more than one questioner when possible. Correspondents desiring a personal reply by mail are referred to our **ELTO SERVICE** which includes a service fee of \$5. We would answer every letter gratis if it were humanly possible. We **MUST** curtail, hence the charge for querists who feel they cannot await their answers in these columns. To insure careful attention in our office write "Family Counsel" at head of sheet, and write your subscription order or other business on a separate sheet.—THE EDITORS.

A BROKEN HEART—Much of your trouble is caused by your attitude of resistance toward those around you. Supposing your wife does ride a great deal. That is just as necessary to her well-being as working. If she is inclined to overdo it now, she will probably swing back to normal if you release her (**IN YOUR THOUGHT**) to do as she pleases. And of course you should treat your son-in-law cordially. Could it be of any possible benefit to anyone concerned for you to do otherwise? Your wife is partly right in saying that you have "sourred on the world." Live **WITH** those around you and you will find many of your troubles vanishing. Of course you feel yourself yielding to lethargy, because you hold yourself apart from life. You refuse to **LIVE**, to enter into the life about you, to a great extent. It is not that you do this outwardly so much as in your own thought. If you can arrange matters so as to carry on the farm, even partially, I think you will be far happier there than if you leave it. Try to readjust the details of management so that you will not need to overwork. Special exercises might benefit the rupture. We have had cases reported of the cure of rupture by wholly mental treatment, but believe that mental and physical treatment should be combined in this case for best results. Write to Physical Culture Publishing Company, New York City, for information regarding their book on the cure of rupture through exercise.

E. D. B.—A problem like yours requires the patience of Job, and the tact of a diplomat. You must remind yourself continually that people feel not only the effects of what we say, but likewise the things which we merely *think* of them. And this is true even more of those near to us. Your daughter is just at an age when she needs your most thoughtful consideration. Try to realize that it is a problem for her with conditions as they are, as well as it is for you. Try to see the thing a little more from her angle and realize

that she does to a large extent picture forth your secret impressions of her. *She cannot resent the good thinking you do for and about her*, so that is the quiet, silent way to use and it can be more effective than any other way. Aside from this, keep yourself busy and interested, and absolutely forget about her. I appreciate what you say about your other daughter, but the very state of affairs indicates that the older one requires more of your thoughtful consideration now. I would suggest carrying out this plan for some time. The girl is of course reaching the age where she must adapt herself to the family. If necessary, later, you will be wise in refusing to put up the money for her support. She must live her own life and it is better to have this experience now than later.—G.

S. P.—Living a day at a time is the first thing for you to try to do. Your discouragement comes as a result of fearing the adjustment and the change which you are facing in the future. It all looks so uncertain and big. Try to realize that all these things can take place at the right time, in a harmonious and successful way. Try to live more in the present, keeping yourself busy in some form of constructive work. Most of the things which you are worrying about now will never happen. Face your problem, analyze it, be friendly toward it. *The natural plan of life is toward greater perfection and more good, so why worry?* Relative to the land in question, do not let yourself feel that you have "something to get rid of." In this way you depreciate the value in your own mind. Think about it in a constructive way, knowing that someone is in need of it, just as much as you need other things. In the Divine Mind supply and demand are equal. What one seeks to find another has in readiness. All things work out in divine order and at the right time.—G.

MRS. M.—The Bible says, "The zeal of mine house hath eaten me up." You have been a bit over-anxious and over-ambitious with only your goal in mind, instead of learning to enjoy the process and anticipation of success as well. This experience may seem very fatal to you, but in reality "all things do work together for good." And my private guess is that this experience and your sorrow and grief is nothing more than the experience through which your "soul playing" is being born. Your greatest success in music depends not upon mechanical dexterity, but upon "soul playing" and the ability to read "between the lines" and let your soul (your God Self) play through you. Every great artist and composer has gone through this experience and I consider it a prophecy of the fulfilment of your real desire.—G.

M. G.—I believe that at heart you think that the world has given you a bad deal. Such an attitude only makes life a hard proposition, and conditions only get worse, until one learns to change one's attitude entirely. Surely loving co-operation would go much farther than your present attitude of thinking that everything stands in your way and nothing is satisfactory.—G.



A Cozy Corner Department where everybody chats and the Recording Angel sets down what she can find room for.

A Dream Gives J. M. Stuart-Young a Title for His Book.

YOU HAVE probably read some of the charming little poems in *Nautilus* written by J. M. Stuart-Young (see page 12 of this issue). Mr. Stuart-Young has sent us a most interesting account, too long for publication in full, of how a dream supplied him with the needed title for a volume of his poems.

Our poet returned to Nigeria in 1898 and immediately, to use his own words, "appeared to step straight into an atmosphere of the mysterious." He had a weird encounter at night with a famous witch-doctor, greatly feared by the natives. This witch-doctor proved to be a sun-worshipper. Now just at this time Mr. Stuart-Young had a book of poems already in press, but neither he nor his London publisher had been able to think of a satisfactory title. The time had come when he must cable a definite decision regarding the title. This was his problem on the night of his encounter with the witch-doctor, who, you will bear in mind, had revealed himself as a sun-worshipper. We will conclude the incident in the poet's own words:

"The night following my encounter with the witch-doctor, in my own house once more, I dreamed this dream: I hung poised in complete darkness; and while I waited, I saw the sun rise behind a range of mountains—a sun that was not merely a luminous ball but an Entity. It was the God of Life: and in my mind rang those glorious lines of Watson's—

O bright irresistible lord!

We are fruit of Earth's womb, each one,
And fruit of thy loins, O Sun,
Whence first was the seed outpoured.
To thee as our Father we bow,
Forbidden thy Father to see:

Who is older and greater than thou, as thou
Art greater and older than we!

"And my consciousness repeated within itself, over and over again, this cogent argument—'The Sun! Of course, of course! It is the fount of all being—without the Sun there would be no planetary system, no earth, no life, no Consciousness! We are born of the Sun; and to the Sun we must attribute all that we have, all that we are, and all that we yet will be! O Sun, O ardent Sun, I worship thee . . . !'

"And then . . . from the valley in front of that

mysterious Sun, which was not only an orb but a Being, I saw a human hand upraised! In the clutch of that hand could be seen a candle: a candle brightly illuminated. But its tiny and inconclusive ray was of such insignificance that I said within myself, amusedly: 'So is Man's wisdom to that of the Infinite—and yet, and yet, do they not both partake of the one Divine Essence?'

"And on that consoling thought I awoke!

"The next day two things happened. I heard from official headquarters that the witch-doctor had disappeared; that the Chief of O— had come down to the river-bank in a hammock, and had informed the Resident that he was willing to hand over the evil-doer, should he be found within his territory any longer. Then, while I was sitting with a cable-form on my knee, demanding from the Unconscious a title for my new book of poems, the dream of yesterday came home to me in such a delirious flash of attunement with the Infinite that I was able to write these three words on the paper before me—

Candles in Sunshine!

"My book of poems, nevertheless, is long ago out of print, and hence nobody should be able to accuse me of writing an advertising puff.

"What I am, gifted, clumsy, adroit, inept, in the realms of poesy, I feel that my ancestor, Edward Young (author of 'Night Thoughts'), has by age-old influence occasioned; and that a fair measure of his Being is mine by the laws of heredity and transmission."

—J. M. STUART-YOUNG.

Onitsha, Nigeria.

* * *

The Subconscious Mind Solves My Problems.

EARLY IN LIFE I formed the habit of placing my problems in the hands of the subconscious mind, realizing it was in touch with the universal mind. I usually did this at night after retiring, when all was quiet. Problems that were too big for the conscious mind to solve, I had perfect confidence that the subconscious mind could and would solve.

My problem presented itself to me after completing High School. I longed for higher education and every door seemed closed—it was a real burden for my whole being was crying for better preparation for life's work and I was frail. It was with me in thought constantly but I kept all to myself—discussion weakens the purpose—dissipates power and may start antagonism in the thought world. I did what presented itself to me from day to day cheerfully, looking to spirit for help and guidance, special hours of each day also I sat quietly—in silence waited. (One must be quiet to get results the spiritual way.)

One night I felt especially burdened but I silently laid the burden in the subconscious mind and went peacefully to sleep. In my sleep I dreamed that two white doves came to me harnessed and hitched to a cart and they gave me

(Continued on Page 42.)

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(Continued from Page 41.)

this message: Go and we will carry the burden—the burden is ours not yours.

Also, these verses came to me and stood out in bold relief: "Hitherto have ye asked nothing, ask that your joy may be full," and, "Come ye blessed of my Father, inherit the Kingdom prepared for you from the foundations of the mind."

Ask.—Come.—Inherit—no struggle but calm acceptance. I knew the answer had come—the problem was solved.

In a few days I was invited to attend the Chautauqua, all expenses paid, and at the Chautauqua the way presented itself for me to go to Washington, D. C., also to New York City for my higher education, all expenses paid. Not only one way opened up but two. God ever does things for us generously. All along the way I was most generously provided for, even wonderful vacations were given me. In a most miraculous way things came to me and I learned they came easily and quickly when I let go the material and depended entirely on the spiritual.

The material way is the slow, hard, suffering way of attainment—it is the way of experience. The spiritual way is the easy, quick, happy way—it is the realization way. "Choose ye this day whom ye will serve." Whatever the burden, cast it in the Christ within. Jesus Christ came to teach us the easy way. He brought the gospel—the good news—that there is a higher law than the law of Karma and that that law transcends the law of Karma.

All the riches of the Kingdom are poured out upon the individual who can abandon himself entirely to the spiritual and trust it absolutely for results.—V. B. D.

* * *

Nautilus Helps in Two Emergencies.

IN THE midst of a most busy time, Elizabeth, who is never ill, somehow managed to swell up with the plain, every-day, old-fashioned mumps, just fifteen days before her final examinations and the State exams without which she could not enter High School. She was compelled to miss school and be isolated, but took an armload of *Nautilus* to her room and made the best of it. Although she missed the reviews, she was permitted to enter the examinations—her fifteen days having expired—and she came through the eleventh of the sixty who passed successfully. She sends her thanks to you and your teaching.

I mailed that *Nautilus* subscription to reach my little cousin (who was expecting her first baby) in time to give her the necessary courage. She was thirty miles from her hospital when her call came and they broke a road through the worst snowdrifts and blizzard Kansas has known for a long time, and in spite of her exposure and all-night strain in the said blizzard, she held her faith and came through safely—although too frail, seemingly, to have done so.—W. G. G.

CLEAR and sweet is my soul and clear and sweet is all that is not my soul.

—Whitman.

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Great men become great, not because their brain power is so much stronger than the brain power of ordinary men. Science has exploded that theory. Experiments have proved that brain capacity varies but little—that most men use only a small portion of the brain power that is actually theirs. Success comes only to those men and women who have learned to concentrate every ounce of brain power on a single objective.

is exactly what concentration is. It is the focusing of the mind on a single problem. Once the proper focus is obtained, the mind attacks the problem and solves it easily. This intensified action of the brain is like a hot flame. It attacks and consumes all it comes in contact with. Such is the fire of genius—an intense and prolonged concentration that accomplishes the seemingly impossible.

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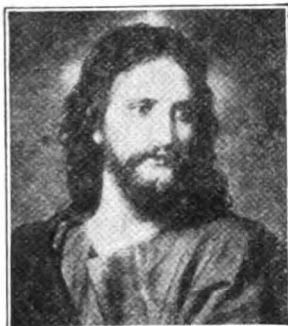
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- 2, 4 and 5.—Birth, Infancy, Childhood and Early Education of John the Harbinger, and of Jesus.
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In this department we notice as many cloth bound books as we can find room for. Lack of space forbids reviewing music. Publishers please give selling price and address when sending books for review. Reviews are written by William E. Towne unless otherwise signed.

—"Love Waves," an attractive and interesting little paper, edited and published by "W. Y. M." The second number now at hand contains "Modeling in Spirit," "God Is Love," and an interesting "Question and Answers" department. Published by Mrs. W. Y. McConnell, Box 572, Gainesville, Tex.

—"The A. B. C. of Atoms," by Bertrand Russell, F. R. S. Tells the fascinating story of Radioactivity, X-rays, Relativity, the new laws of dynamics (which seem to indicate the non-existence of absolute time and space) all told in simple, understandable English. To those who are curious about the mystery of energy, we commend this book that can be read in a few hours and contains the latest scientific thought upon the subjects treated. Cloth binding, large Print. Price, \$2.00. E. P. Dutton & Co., New York City.

—"Italy and the Jugoslavs," by Edward James Woodhouse and wife. An interesting and comprehensive history of the relations between Italy and the Jugoslavs, leading up to the problems raised by Dalmatia, Fiume and the Adriatic. The volume is rich in romance and adventure as well as in historical material. No library is complete without this vivid word picture of the Adriatic problem. About 400 pages, fully indexed. Price \$3.00, net. Richard G. Badger, publisher, Boston, Mass.

—"Cosmic Consciousness and Whole World Healing," a little paper-covered book of essays, by Henry Victor Morgan. Some of the titles are "The Cosmic Self," "The Cosmic Urge" and "Our Cosmic Affinities." Price 75 cents. Master Christian Publishing Company, 402 North I street, Tacoma, Wash.

—"The Healing Power," by Helen Mary Boulnois. Introduction by Judge T. Troward. Tells how to draw upon the power of the inner self for healing. Some of the chapter titles are: "The Inner Self," "The Subconscious Mind," "Help in Pain," and "The Second Self." One chapter is devoted to "Daily Spiritual Exercises." Cloth bound, price \$1.25. E. P. Dutton & Co., New York.

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